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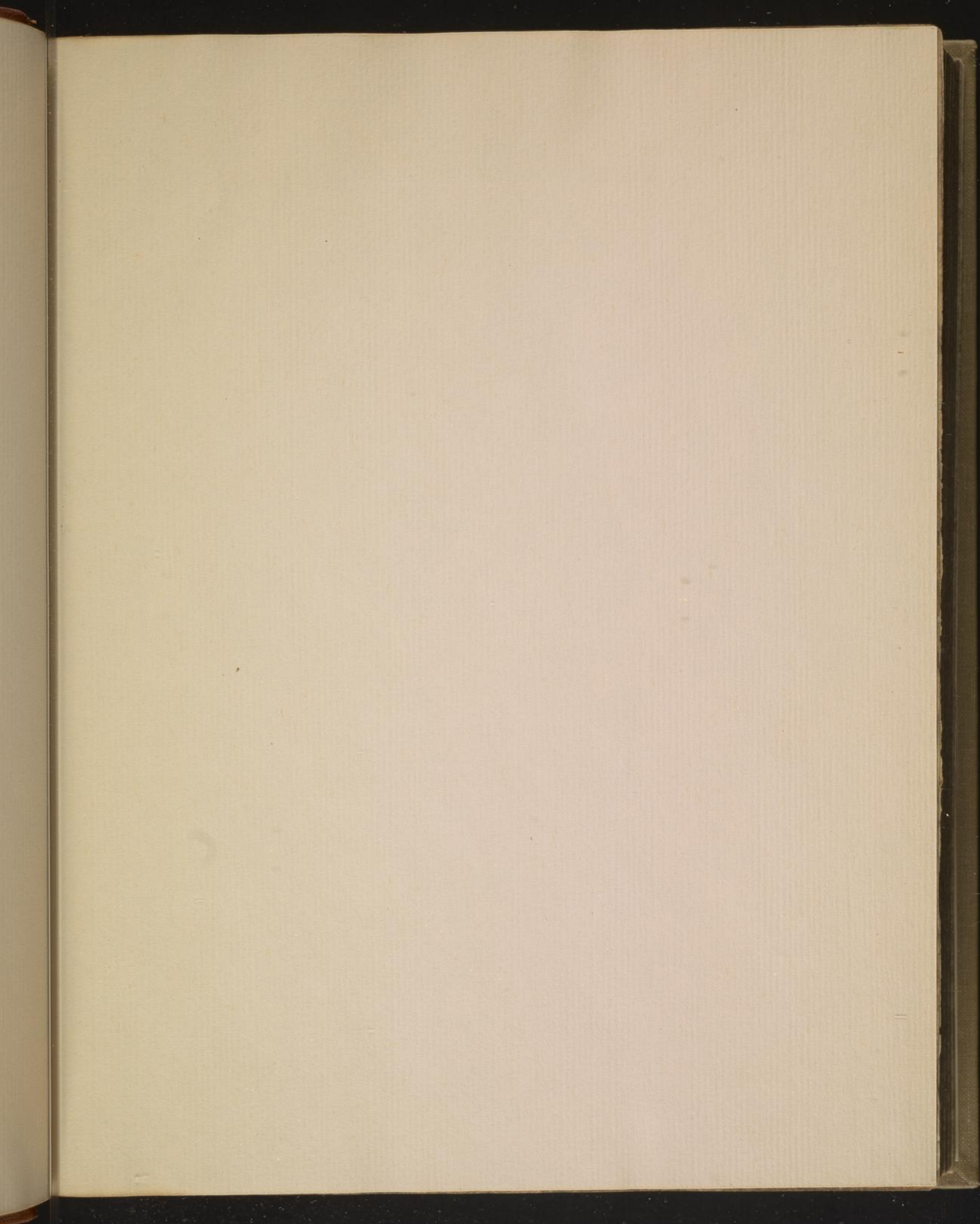
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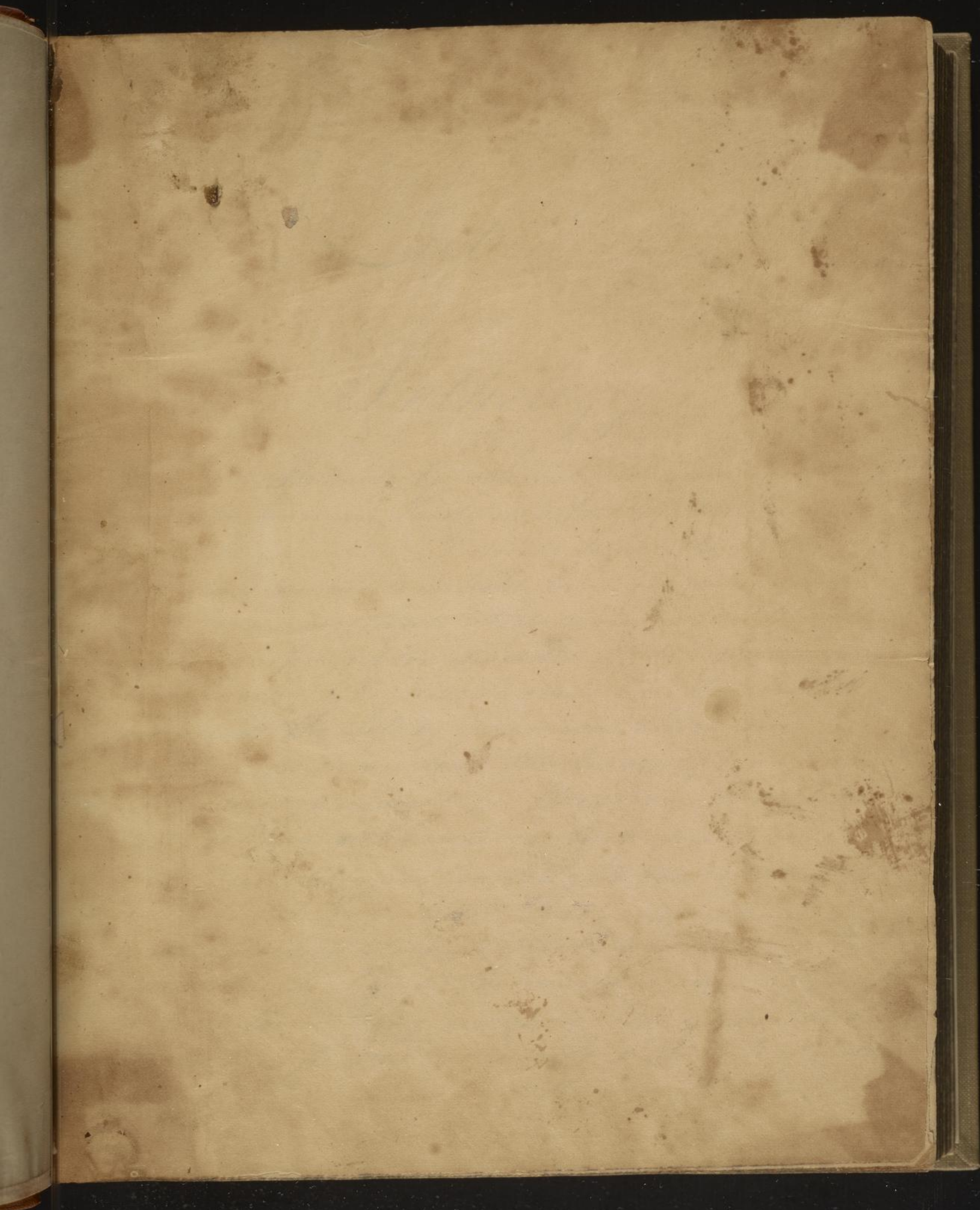
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W. Hayes Agnew, M. D.
With the kind regards of
D. Agnew
Philada May 29th 1858

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Lecture 22nd

Pathology

Hitherto Gentlemen, we have considered the human body in a healthy state as man before the Fall; but now we are to behold him in diseased as contemplated from after the fall, in an imperfect or diseased state: Sickness and Death, like Moral evils are the consequence of the loss of primal Innocence. As soon as man lost the Image of his Maker, every animal in Creation conspired to his destruction and annoyance; and numerous other causes cooperated to cut short his life: Their operations at first were feeble and slow, and many then were able to live a thousand years; after a long time they increased in force, and human life was reduced to a much shorter period: The influence of the Deluge has

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completed this conclusion and reduced it to its present period: This cause has had a singular influence on the atmosphere and quality.

The changes induced on the surface of the Earth, as well as the various occupations and engagements, the climate, drink, may its very pleasures conspired to take part with the offended Majesty of Heaven. This proves that Life is opposed by a thousand causes, constantly tending to its destruction; that it is a forced state is no less consonant to Reason and Morality than to true Philosophy. That principle and quality which we call Life, is in a continued strife between the causes — above enumerated, and Death; and the strife lasts in some cases for thirty, forty, seventy, or an hundred years; — and the temporary victory of the Stimuli which constitute the living state of Animals over the causes counteracting to extinguish it.

In entering on our Pathology I feel as if I were entering into a deserted wilderness without a guide to direct me: There has not been a complete system of Pathology written Boerhaave's observations are concise and imperfect, by no means

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suited to the present improved State of Medicine.
Haller has collected a few Pathological Facts, but
formed no regular System from them. Gaus-
sins has published a system of Pathology; it
is too much filled with the Humoral -
pathology of his Master to be of any use
to Medical Students. I shall therefore
endeavour to pass through this wilderness
without a guide and without a Compass;
I shall follow the Indian's Marks. The
system which I shall teach is founded
on principles of my own, the Proximate
cause of diseases. The Cause of Disease
I have divided into Remote, Predisposing,
Exciting, Occasional, Proximate or the
disease itself; They are all links of one
Chain; let me illustrate this. - Cold
is the Remote cause of an Inflammatory
fever, debility brought on by the Sedative
power of cold, acts as the predisposing -
Cause; Exposing to the heat of a stove room
or the Vernal Sun exercise the Exciting or
occasional Cause; The irregular or -
convulsive action of the Arterial -
System, is the Proximate cause or the
disease itself. I will repeat it again,
The Cold is the Remote Cause; the

debility it induces, the predisposing; The action of a warm Room or Verinal Sun the Exciting Cause or Occasional cause, while the irregular convulsive action induced by them in the blood vessels is the Proximate Cause or disease itself. The pain, heat and thirst which are evident in fevers, — are only the signs or symptoms of the disease or proximate cause. These symptoms of disease I shall not mention in my Pathology, but defer it till the Practice of Physic. In treating the subject — according to the order laid down in our Syllabus, I shall proceed to the causes of disease; but before this, I shall lay down a few general propositions. —

I. All diseases depend on predisposing Debility, those from wounds and local diseases excepted; even Contagion — does not induce disease without being preceded by Debility; the follow in quick succession the exciting and proximate Causes. The predisposing debility is of two kinds Direct and Indirect; between these it will be proper to distinguish, and for this purpose it is necessary to fix on a certain point or Cause an

imaginary Scale at which we suppose good health to consist: let us call this Fifty; here the System is Stationary till acted on; when Stimuli act on the excitability of the System which have power to raise it to supposed Sixty; or when Stimulus is abstracted from the system to below - Forty, debility is induced: A range of twenty is thus allowed; in the former case Excess debility has been called a disease, but this is an error, it only predisposes to disease: - Those two debilitated States when brought on are so exactly alike as only to be distinguished from their Causes: - When it goes far beyond Sixty or - below Forty, it verges to disease; but the System is seldom long in this condition, exciting causes occur and disease is induced. The sudden diminution of excitement in - Debility is followed by a great increase of excitability which seldom fails to induce disease: The increase of excitability rendering the body more liable to be acted on by Stimuli, or as Mr John Hunter has properly called them Irritants: -

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these increase the action and tone of the system without making any alteration in the mode of action. — The more suddenly the excitement of the system is ~~excited~~ abstracted the greater will be the increase of excitability. — There appears in some cases to be something like a conversion of one into the other, owing to the suddenness by which one is succeeded by the other, where the debility either direct or indirect exists a great while, it exhausts the excitability and renders a greater stimuli necessary to excite the system. —

In some instances it seems as I have before hinted a latent quantity of excitability, differs materially in different stages of life. — Death consists in the distraction or annihilation of both excitement and excitability. — Death is in fact is nothing more than the loss of the power to perform, that actions which belong to life. — No more happens here than happens to a bell or a violin deprived of their power of emitting sound or musical tones. —

I have said that debility is the predisposing cause of disease, I do not rest here wholly

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on Physical but moral evils also. - Evil I consider to be of two kinds, Physical and moral. The former exists in the human body, and on the globe, the latter moral evil has its seat in the mind of man. - That evil arises from debility, I infer 1st From the derangement which takes place, first ⁱⁿ irregular motion. - 2nd With regard to place there is an error loci or misplacement of the fitness of things, and their relation to each other. 3rd In Salutation of Continuity. - Evil in the first instance would appear to be a positive appearance, but it is merely the positive effect of a negative cause, in the human body; disease is certainly the positive effect of a negative cause debility is the cause of every disease and is an effect of error loci, or irregular motion. - Evil then depends on derangement and is nothing introduced into the system. - but it may be asked here, are not the yellow fever small Pox, plague &c. real or positive Evils? No they are not. They induce disease only from error loci. - The Variolous matter is not offensive to brutes & in the stomach of the human subject it is also in

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offensive. — They act by an undue mixture of things not related. — A piece of meat in the wind pipe will produce a most violent action, and even death — yet who from that circumstance will cease to use bread? Or who would suppose it to be of a morbid nature? It was intended for the nourishment of man, the evil arises from its misplacement — and so does that of the small Pox. — Perhaps the latter was designed to answer some useful purpose in creation. — But are not the contagion of Plague and yellow fever real and positive evils. — I answer no, they are ~~only~~ evils when excess, or when misplaced. — The miasmata of the yellow fever, affords the most cordial nourishment to Vegetables, and to the human subject, they are only evils, when in excess, a small degree of these miasmata I speak it from experience have a very cordial effect on the system, when opposed by a low diet, could we battle up these miasmata, they might possibly afford us an useful article of our materia medica. — They supply in many cases the want of aliment be not surprised at this assertion. — Opium

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is a much more deadly Poison than the Measles, it proves almost certain death, when taken in a dose of sufficient force - but there are a thousand escapes from the Poison of Yellow fever, yet who supposed opium an evil? On the contrary. Dr. Mead has happily called it the *magnum Dei donum*, The same may be said of Poisons of animal mineral or Vegetable kindom. - They are medicinal in small doses. What is poison to man as food, to Animals they produce their ill effects by error loci, smells produce in some people cheerfulness, and faintness in others, yet who supposes odors to be evils? They are so only by error loci, but is not pain a positive? no it is only an excess of those stimuli which produces pleasure when moderate? - Are not certain odors unpleasant odors discord and deformity are provocative evils? No they are not, The dead bodies of our friends afford the highest regale to birds and some animals devour with delight the putrefying bodies of our friends, but are not the evils of the Globe positive, such for instance as Barron

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Soil, Wet and dry seasons, summers, Harbation
 and seraces winds and the like? I answer they are
 not? They are the effects of error loci. There
 is no positive evil in barren Soil, it is an un-
 due mixture of two species of Earth, Clay, or
 Sand, Yet both of these are useful, they are
 made fruitful by altering the proportion of
 they two Earths. - Are not certain insects
 which annoy us positive evils? I answer no
 they are only so when misplaced, thus error loci
 causes these bad effects, they eat our food but
 were formed to eat up substances loathsome to us. -
 The spider which in our dwelling aways and dis-
 troubles us, is an evil only from error loci, in our
 stable it is useful in feeding on the gnats and other
 vermin that disturb our Horses. - But are not
 these positive evils? no they are probably designed
 for some useful purpose by the Creator and are
 evils by being displaced.

Let us next examine into moral Evil seated
 in the mind. - This like Physical Evil consists
 in debility it is of a negative nature, it consists
 in the absence of the strength or power of the

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will, may be rather considered as disorder, the effect of disease, in contemplating this subject, I have been led to compose the mind to a magnificent fabrick filled with furniture useful and ornamental supported by a Pillow (the will) the whole fabrick falls to the ground in disorder. The harpsichord which was wont to enchant us by its tones in the Salon, now omits discordant harsh sounds either by its being thrown on its top, or its cords being broken, The China & glass utensils once of so much use now lacerate our fingers by the acutness of their angles.

This I repeat, does not arise from any new principle introduced into the mind for example, the voice of self love is no positive evil it was only the reversion of the love of deity, that principle which corrects man with his creator inverted on ourselves. — Pride is merely a principle of decency thrust from the understanding and lodged in the imagination. — Envy is nothing but a dislocated Emulation. — The love of fame is merely a wrong direction of the desire after

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immortal life and happiness. — Ambition, malice, aversion transferred from things to persons every vice in fact is a virtue out of joint or laxated it is merely disorder, is an evil in the same way, that dislocation of the solids of the body, give pain to those of the mind. — The scriptures support the Idea of misery being the consequence of the wrong direction of the mind, comparing the ways of sin to a crooked path.

This view of moral evil is not original my own. I find the same opinion has been held up by Mr Edwards of New England, I am more pleased with this as it vindicates the Supreme being from every charge of creating evil. — When man fell, there was an abstraction of divine power from his will. — We may conclude this subject therefore with the words of the poet. — All discord, Harmony not understood. — All partial Evil universal good. (Pope) Thus moral evil depends on the want of strength in the will, the pillow of the mind. — Just as Physical evil depends on want

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of strength and debility of the body, innumerable are the effects of Bath. - Views of the mind can't be numbered in all its variety of forms & combinations.

II We proceed to my next proposition the 1st is that debility is the universal predisposing cause of disease. - 2nd That in debility there is an increase of excitability, or an increased disposition to be acted on by Stimuli. - 3rd by that debility invites morbid action, or a diseased species of excitement. - This is not a new opinion - Old D^r Hoffman hints at it when he says "Alonis Gignit, Spasmos" this is nearly what he meant by it. - The Electric Rod does not more certainly invite the lightning, than debility does morbid action in this irregular or wrong action, I have said disease consists. - Excitement may be excessive, yet if it be irregular no disease exists, as in running, dancing, and violent exercise the blood vessels and muscles are here highly exerted, yet excitement is of a regular kind, and of course healthy. - Here I differ from D^r Brown who makes diseases to consist of debility.

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^{the}
 4 = Diseases are always partial, I know of
 no disease, which at the same time effects ~~at the~~
~~same time~~ every part of the system. In fever
 it is confined to the blood vessels generally. In
 Mania to the blood vessels of the brain particular-
 ly. In dysentery to the bowels &c. &c. Here then
 we see that every disease consists of unequal ex-
 citement and the whole art of healing consists in
 Equalizing the excitement in which health
 consists. Dr. Willis has lately supposed this
 to be the animal spirits which was diffused th-
 rough the system unequally. The first Law
 of Electricity would here apply. Some parts
 may be considered in a state of plus, others
 of minus, The shock which comes on by the
 discharge of the Electric fluid into the minus
 parts. e.g. the bowels &c. as lighting on vege-
 tables. 5th The irregular excitement shows
 itself in force and Velocity of motion. This
 is sometimes excessive. As in Tetanus the
 force of action is great. Sometimes in pain as
 I before said is merely one symptom of wrong
 action and not universal. This Symptom

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is not universal several diseases are not accompanied by it. — as Epilepsy and Hectic fever it is no more necessary to disease than thirst and heat in fever. — In diseases of the bowels there is more pain than in diseases of the vessels. Simply as the possess little sensibility and much contractility. —

III I have now arrived at my last proposition in a former Publication I have asserted there is but one fever in the world. — This will startle some of you — but with full confidence in the principles I teach, I now hold there is but one disease in the world. And that consists in Irregular, excitement or morbid, and wrong action, whether this be seated in the blood vessels nerves Elementary canal or Lymphatics, Still I maintain that there is but the one state of disease, from this view of the oneness of disease you will see Gentlemen, that much trouble will be saved in the study of medicine. — All diseases have one proximate cause, wrong or convulsive actions. — in fever this is seated in

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the blood vessels but it has been said are not obstructions diseased, no they are the effects of disease, but by waiting they prove a cause of disease. I have called them disorders or consequences of disease. — Thus the water effused in Hydrocephalus is not the cause of the disease. It is the effect of the diseased action in the brain. In the like manner the hardness in the liver, which succeeds Hepatitis is not the cause but the effect of inflammation in that Viscus. — Where these disorders produce death it is by a reaction on the system. — There are three links of one chain 1st — the predisposing debility 2nd — the morbid action or irregular excitement. and 3rd — disorder the effects of this action. — In — — — — — are comprised all that is useful in the writings of the nosologists Savon, Sagar, Baerkoove, Lennex, Cullen, who have divided diseases into classes. — Genera, orders, and Species, It is painful to me to differ from those great men. But I prefer new truths to old errors. My objections to Nosology are 1st — It is erroneous.

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Diseases cannot be divided so acutely into genera and species, as their symptoms change almost constantly into each other. error must arise from this source. - Thus convulsions and madness often alternate. - Plants and animals may be classed into genera and species, for they never change into each other. - Who ever heard of an ox changing into a Lyon, or an oak tree to a thorn bush? But the symptoms of disease constantly vary. - 2nd by - I say it is impracticable to class disease as we do plants. - They change their seats so frequently and all their appearances, that we might as well pretend to class into Genera, orders and shew a storm accordingly as it accompanied by thunder or lightning by rain or without, with or without wind, with hail or snow, or without them. - as to class diseases under different names as they appear in different parts of the body. - Gastritis, Enteritis, Pharyngitis, Nephritis. Alternate
2nd predisposing cause is uniformly debility

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debility 3rd the debility ^{may} be either direct or indirect. 4th the exciting cause must be on irrilont or stimulus. - The symptoms of fevers may vary according to several circumstances of the exciting cause whether this be eating or drinking heat or cold, yet the disease remains the same. - Again the same exciting cause, will produce different symptoms, as the sistem is pre-disposed to any perticular symptoms. 5th A glass or two of wine. Porter. - freight or any exciting cause tis a unit deviation of disease from seats, causes are ingenious but wrong. 2nd 3rd It is injurious to the practices of Physic for in the first place all diseases come in the same way by predisposing debility, If we wait till the symptoms appear, we lose our chance of preventing the disease, which may be easily done by a gentle stimulus, in its forming state. The languid debility which a person feels before he is attacked by yellow gaul and other diseases is readily removed, by working they

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feet in warm water, a Gentle sweet or the like which equalizes, the unequal excitement. - Thus by carefully attending to the predisposing cause, we may strangle as it were the disease in its forming state.

4th Seat of disease - Thins we know that more danger is to be apprehended from diseases of the brain than of either parts also of the trachea, which is more dangerous in *Cynancher trachealis* than the *Pneumonia* (more copious in depletion and stimuli - when vital parts are effected - - - - - lastly nosology has caused disputes among Physicians) This system will not render the the practice of Physic less troublesome, on the contrary, it will increase the necessity for frequent visits among nosologists who prescribe from the name of a disease, visits need not be so frequent as among those who practice from the state of the system. - Disease appears in several forms, Viz. 1st in convulsive action as in Epilepsy. 2^d In Spasm as in asthma. - Spasm is

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is either tonic or chronic. — the first is constant, as in tetanus the 2nd alternate. — 3rd Great heat either external or internal as the skin mouth stomach treat &c. 4th In great itching on the skin, either under the arms In the Perineum — Anus &c. 5th In a kind of shock which is sudden and severe and goes off in a few minutes, as in acra — 6th In what I have called Suffocated excitement, when all motion and sometimes sensation ceases, this as I shall hereafter mention is the worst form in which diseases can appear. — in these cases, the abstraction of blood, produces a quickness in the pulse. — It occurs in fevers of the most malignant type. — This suffocated excitement as I have called it, appears to have its seat in the blood vessels, each of the above forms of morbid action, appears in every part of the System — occasionally, tho' they each appear to have peculiar Seats, which they most commonly occupy. — This the Itching

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which I mentioned as the 4th form of morbid
 excitement, most generally occurs in
 the pudenda and anus, in the latter D^o
 has observed it to be a symptom of
 the gout. — Spasms usually occur in the
 muscles and blood vessels, this is as certain
 that pain varies according as it is seated
 there it is acute in membranes parts
 dull & heavy in Parenchymatous parts
 — ceating in muscles Quivering and boring
 in the bones. — now we know that pain
 is an unit in all these varieties, it is absurd
 for nosologist to say each of the forms in which
 morbid action appears, contemplates a different
 disease, tis as much a unit as pain. I exclude
 coldness from the form of diseased action. — it
 depends on the abstraction of excitement, it
 may be removed by bleeding in acute fevers. —
 Inflammation I consider as an effect of morbid
 action, it is a 2nd inferior degree of morbid
 excitement. — In it there is Error loci,
 this always occurs in inflammation, that it
 is not the cause of it. — In violent morbid

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action infatuation does not take place. - Mor-
 goni mentions several cases of cholera, of death
 where there was no inflammation, this is the
 six form of morbid action. - It occurs too
 in Hydrophobia. - I have been called a
 Brunonian, but this is a false assertion. -
 Dr. Brown supposed all diseases to consist
 of debility. - I deny debility to be a disease
 at all - it is merely as I have often the pre-
 disposing cause of disease. - Browns de-
 vision of disease it into Sthoric and to asthenic.
 I deny that any diseases are asthenic. -
 Asthenic is merely predisposition. - Dr. Brown
 proves diseases in diffusion of excitement and
 excitability over the system. - In this I sup-
 pose good health to consist. - My practice
 still differs more from Dr. Brown, he en-
 deavours in all cases to overcome debility. -
 I to equalize Excitement and excitability,
 and in some cases to diffuse excitement
 and prevent its being concentrated in any
 part.

I think I have clearly shown the inefficacy

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and ill effects of nosology. - From this Gent. you see you will lose more than you will gain in your attendance on these lectures, If you adapt the principals contained in them. You will lay a ~~side~~ load of unmeaning and useless names of diseases, and acquire in place of them a few simple principles, a knowledge of which you will acquire in a few weeks and remember your whole lives with ease. I have composed nosology to a spacious cabinet consisting of one hundred apartments, each of which is opened by a separate Key. - The principles which I teach, I have composed to a cabinet equally spacious and commodious, consisting of equal number of apartments all of which are opened by a single Key. - My Theory Gent. will relieve you of the noise and weight of the hundred Keys. -

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Lecture 23rd

I have only to add to the proximate cause of disease, that it appears 1st in the blood vessels. 2nd in the nerves. 3rd in the muscles 4th in the Lymphatics 5th in the bowels. But it is still a unit, still morbid and irregular action, appearing in one of the six forms which I mentioned yesterday. - Having as I hope established in my last lecture, that debility is universally the predisposing cause of disease, that the proximate cause is morbid excitement I proceed next to enumerate the remote causes of disease. - They all act either by adding to or extracting from the excitement of the system inducing of course direct or indirect debility. - This is an important part of our Pathology, without a knowledge of the remote causes of disease, we should be much at a loss in many cases both in the prevention and cure of diseases. - Thus we find it different to cure a person from disease

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disease, unless we remove him from the influence of the remote cause. — If the Miasmata of the Yellow fever in a City has been the remote cause. — Removal from the City will infalably prevent and much assist the cure of the disease. — I shall commence the subject of the remote cause of disease, by taking notice of certain corrupt practices of nurses, in the treatment of children, which are of a debilitating nature. — The parent appears to have known the early predisposition we acquire to diseases when he says. — A man perhaps, the moment of his birth. — Receives the lurking principles of death. — The young disease that must subdue at length. — Grows with his ^{growth and} strength, with is strength, Nay they are predisposed to diseases even before they come into the world. — From their passions, amusements, hard labor, Aliments, drinks. — &c. of its mother. — 2nd Children often receive injuries which predispose them to diseases parturition from accidents or awkwardness of midwives. — 3rd — By the bad practice of washing new born infants with

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ardent spirits, wine &c. - This custom is very prevalent but you should always bear your testimony against it, it causes indirect debility. - Ulin's or even Soap and water are too Stimulating. - Indeed there is little occasion for washing the infant even in pure water. - The Stimulus of the air is sufficient to induce uneasiness in the child, but when brandy is used the pain is violent. - but a 4th is the food of the mother either by excess in quantity or unwholesomeness of quality, by the too great use of acid substances, Spices strong drinks and the like, the all act by inducing indirect debility. - 5th dress of children is a mother remote cause of disease. tight Caps - light swaddling clothes, and in more advanced life, Stays and many other tight articles of dress, act as remote causes of disease. - 6th Food of the mother or nurse if the child sucks her, has an influence on the health of the child. - The diet of these has a stronger influence on the milk, and of course on the health of the child. - Children have had

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cholic from the nurse using unwholesome food, I once knew an instance of death induced the child by the nurse, using a pint of Rum. Aliments frequently effects the nerves of children. 7th The use of ardent spirits, able and mitigate certain pains with which children are after affected, often act as remote causes of disease in them, tis a bad practice.

8th The premature application of Children to study especially the application of Childrens minds to obstruse difficult subjects. This is absurd in parents, but schools are attended with other inconveniences. — a close confined Room The Tyranny of a School Master. — This last influences the mental powers of Children as well as injures health. I have been called to many children brought home sick, from a close school Room, and mischiefs has often attended despotic School masters.

9th The amusements of Children expose them not only to accidents, but lays the foundation of factured diseases, as Running jumping, holding them up by the head and

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arms &c &c. Instances have occurred of Hydrocephalus intimes from this source, as also from falls, contusions &c &c. I knew an instance of a pasionate mother, who struck a child on the head in consequence of which a Hydrocephalus was induced which Terminated in death. — Let us next attend to the influences of the atmospheric air. — Remote cause of diseases. — and 1st of its sensible qualities. — These are heat, cold, moisture and dryness. —

2nd The air induces disease from other other causes besides these. — It has certain impregnations of miasmata either mäsä or Human. — 2nd it is altered and rendered unwholsome by combustion and the Respiration of animals. — certain Manufactures emit effluvia which renders the air unwholsome. — also the perspiration with plants. — 3rd from certain winds as the Samilla, Sraus &c. — And lastly from an over proportion of fine air in it Mr. Bruce

1st of the sensible qualities of the Air as remote causes of disease. —

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The human body is formed so as to be able to
 bare without much inconvenience to its func-
 tions, a considerable variations in point of
 temperature in the surrounding atmosphere
 But the sensation is cited, are most agreeable
 when this temperature is from 62 to 75 of
 Fahrenheit. - tho' this arises at different
 periods of life. -

An increase becoming necessary in old age
 but till a bout the 45 year this temperature
 is pleasant, heat is a universal Stimulist
 it acts on all animals. - Different animals
 also require different degrees of heat, thus
 I think the temperature of 32° or even to lower
 is to some animals Stimulating - as per-
 haps as 75° to man. Heat and cold are relation
 terms the extremities of both are unknown.
 Where it is considerably beyond the point of 75°
 it shews the effects on the arterial System.
 It induces a languor, and debility accom-
 panied with an increase of excitability or
 increased disposition to be acted on by stim-
 uli. - It never acts as a cause of fever

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in this way where it is ^{chronic}, or has been continued. — The west Indians being continually exposed to the heat of a vertical Sun feel not this languor and inconvenience.

2nd Heat acts on the brain when accompanied by direct rays of the Sun. It induces what is termed insolation. — Some times it brings on Symptom, and even death, according to Dr. Girdle Stone. It sometimes acts in a less immediate way, shewing itself in Spasmodic diseases, Inflammation, Sleepiness, colds, sweats, convulsions and death.

3rd Heat acts on the nerves inducing convulsions Symptom, Hysteria &c. Hence these are very common in hot weather and warm climates. — Heat dulls the sense of touch. Wakefulness is after the effect of heat. — 4th The heat acts on the muscular fibres inducing languor and weakness a disposition to involuntary motions Utinus and indisposition to perform the Voluntary ones, hence is inferred the necessity of shaving in hot countries.

5th Heat acts on the stimuli and alternating

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cancel inducing in the former an excess of ap-
 -pitite, but if continued, loss of appetite, in
 the latter it disposes to Cholera Morbus dysentery
 The influence of heat on the appetite, is seen
 in Europeans, who visit the East Indies. They
 have a great increase of appetite, this they
 indulge, and pay for, their temerity by suffer-
 -ing some of the diseases of that climate to
 which debility thus produced predisposed them.
 6th Heat acts on the skin by producing a
 profuse discharge of sweat, this is of a salu-
 -tary taste and smell - a greater degree of heat in-
 -duces dryness of the skin, this occurs some-
 times in reapers, - they never give out as the
 phrase is till they cease to sweat. - It also in-
 -duces Eruptions on the skin, - prickly heat it
 is termed - but this I think has some other ca-
 -use than heat, of this more hereafter, also pric-
 -kly heat is brought on by exposure to the sun,
 more of this hereafter. - Bails are sometimes
 induced by heat, a discharge of the white color
 of the skin, is a nother consequence of heat and
 a brown color is acquired as in Indians.

UPPER

^{Note}
 7.th Heat reinvigorates the venereal appetite,
 hence the early marriages and fruitfulness of
 the East Indians women, some have supposed
 that children were longer lived which were
 born in winter. — Baerhoave was of this
 opinion, but it is perhaps owing to the greater
 number of births in this season (Tho
 a man midwife of extensive practice in this
 city informed me that he delivered more women
 in cold than in warm weather. — 8.th Heat
 treats on the blood disposing it to putrefaction
 this is prevented according to Dr. M. Clurg by
 the bile. — Bilious diseases of man, common
 in warm weather. — because from its acrimony
 and redundancy it causes diseases of that type. —
 but this I attribute to the marsh effluvia, hence
 bilious fevers are most prevalent in hot countries.
 9.th Heat acts in the Eyes hence ophthalmia,
 Gutta, Senile cataract &c occurs most
 frequently in warm climates, During the year
 1793 ophthalmia was very prevalent in this
 city from the heat and dryness of the season
 10.th Heat acts on the mind inducing indir-
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indirect debility in the faculties with perhaps the exception of the imagination. Memory and understanding are impaired by heat. — The memory it is said is weak in hot countries. The imagination is said to be increased naturalists tell us that the desire of imitation is greater in hot countries, this I suppose to depend on the Vigor of the sense of taste. — lastly heat is less unfriendly to old people. — ~~that~~ cold, hence the account, Romans in their old age removed to Naples a more warm Climate where they prolonged their lives without the inconvenience of old age. — The modern Portuguese follow this example. — Sir William Temple informs us that they migrate to Brazil as they advance in life and avoid many inconveniences of old age from the superior heat of this Climate. — The Stimulus of the sun in these cases counteracts the debility which they would else feel and invigorates them very much. — Heat when intense is suddenly fatal to old men. — Thus far we have considered the effects of heat acting on the body

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under ordinary circumstances, but its actions varies, if the system has been previously exposed to cold, or rather acts more certainly and with more force, inducing preternatural excitement. - Thus of a heat of 77° which occurred on the seventeenth of March 1791 was followed in the Citizens of Phil^a with universal languor and indisposition to motion. Had this heat occurred in July or August it would have been but pleasantly stimulating. - Inflammatory fevers are caused by heat succeeding cold. - A vulgar saying that a green Christmas makes a fat Church Yard is well founded. - I have found the same effect of contrast of rendering changes of temperature more susceptible is induced by cold succeeding hot weather. - Brydane informs us in travels, that a second wind at Naples which lowered the mercury in the Thermometer from 112° to 80° . The Inhabitants ran into their Houses to put on warm clothing. Now this temperature in summer if it had not been so sudden, would have

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been very grateful. - I mention this to show
 how entirely relative heat and cold are. The
 sudden abstraction of heat by repeating spermi-
 =ration predisposes to fevers. - This is more
 appreciable the case if the weather be moist
 uniformly dry and warm weather is healthy
 changes increase much the ill effects of heat
 and cold the warmest summers and the coldest
 =winters if conformably so and either con-
 =formly wet or dry are the healthiest. - The
 summer at Rome in 1756 was the warmest
 of any in the recollection of the inhabitants
 and it was the healthiest. - All the hospitals
 were nearly empty, but in autumn their dis-
 =eases appeared of a bilious type. - Then we
 see diseases generated in one season and ap-
 =pearing in another. Heat long continued
 produces an insensibility to cold. Hence the
 West Indians it is said require two or three-
 years to cool them, when they arrive in the
 United States they bear the cold better than
 the natives.

We are able to live in a degree of heat 20°

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20 or 30 or more degrees of heat above our own
 temperature without inconvenience. - The rea-
 son of this I pointed out when on the subject
 of animal heat. - If such be the effects -
 heat as above enumerated, may be asked
 why was man originally placed in a warm
 climate paradise? - It was under the en-
 -vating Sun of Egypt that the arts had their
 origin and flourished. - and it is in hot
 climates that the greatest instances of lon-
 -givity have been observed. - I answer
 when men Govern themselves by reason
 and experience no other aid is necessary
 to attain longevity. - The aborigines of this
 Country from their simple diet and dress
 are not subject to diseases so fatal in ci-
 -vilized life. - From Africa people grow old
 merely from this cause, for their Sun is fatal
 to the mental faculties of Europeans whose
 mode of life differs so materially from theirs.
 The same observations obtain in Jamaica
 Their climate is fatal to Europeans who
 resort there, unless they accommodate their

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manner of living to the climate. — In warm countries the inhabitants live according to reason. — Mr Townsend informs us that the Spaniards to live at Madrid by keeping close in the House during the heat of the day and accommodating himself in dress and diet to the weather drinking copiously of — — — — — feel no inconvenience from the excessive heat of the summer. — I conclude then that most diseases arising from heat, are the effects of ^{an} error either in diet, dress, or the exercise of the mental faculties some error loci. 

The effects of heat are different as it is accompanied with moisture & dryness, to obviate the dryness of the air in Arabia Travellers who have to pass over the deserts of Arabia fill a sponge with water through which they occasionally breathe and are much refreshed. — A cup of water placed on a stove in a close Room obviates the unpleasant effects of close stove rooms, It would seem as if a certain portion of water were

necessary to respirable air. - The effects of heat when joined to moisture seldom are morbid, when the heat is less than that of the body. Dr Hunter - - - - -

Winningham has observed that summer uniformly rainy and moderately warm are the most healthy. - A temperate moist air is peculiarly adapted to give the face an handsome color, hence in Ireland and England, where more rain falls in the course of a year than any other part of Europe - the skin is remarkable rosy.

Cold is the negative quality acts only by obstructing the stimulus of heat. Cold has been supposed to act as a stimulus, but this is an error which has arisen from the increase of excitability which occurs in debility brought on by cold, its action is uniformly sedative. - Its sedative action is evident first from ^{the} debility induced by the action of cold on the system. - Laborers and travellers in cold bear witness to this

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2nd - I infer it from it, from the Slowness, weakness, and even absence of pulse followed by weariness, Sleepiness and death, in persons exposed to it - The pulse beats only 40 strokes in a minute in Greenlanders. - This must clearly be the effect of Sedative operation. 3rd from the effects of the operation, of cold being similar to that of bleeding, purging, and from its effects in diseases inducing direct debility. As in morbilli small Pox &c in which it reduces morbid action. - Here it may be said that it acts as a Stimulus in fevers of hot weather, by bracing the system as a tonic. But cold air in these cases acts merely by obstructing the stimulus of heat, which induces indirect debility. This removing of indirect debility has been mistaken for the effect of tonic action. To illustrate this let us suppose the healthy point to be 75° . now supposing the indirect debility produced by heat to be 95° The cold air by abstracting

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abstracting 20° reduces the system to a healthy point from its indirect debility. — I wish you Gent. to take notice of this fact, it is of extensive application in practice. —

Let us now attend to the operations of cold on different parts of the system. — On the Arterial system cold induces debility and augmented excitability, and increases of the —

— of the muscular fibres predisposing them to all kinds of fevers. — It induces also a painful sensation in the breast as the Academics experienced which went near the north pole.

2nd It induces an indisposition to motion in the organs of Voluntary motion, Tho the action of the of the involuntary muscles are increased if any thing. Hence the saying that man in the warm countries was designed to be the slave of those in cold climates. — The will of the former are not active and must do according to other peoples wills. — 3rd Cold de-

minishes the sensibility of the nerves. —

It produces when intense a dull pain in the head Sleep and death. — 4th Cold in-

vigorates

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invigorates the appetite for food. Horses eat
 more in cold than warm weather. 5. ^{It} weakens
 the venereal appetite, perhaps this may arise
 in cold countries from the difficulties of pro-
 curing subsistence for a numerous family
 of children. 6. ^{It} Cold renders sweating difficult
 and by stopping perspiration causes an increas-
 ed flow of urine. — Cold is supposed to be
 unfavourable to Vision, this may perhaps
 arise from the reflection Solar Rays from the
 snow which always attends cold winters. —
 Cold is said to cause scurvy, this disease de-
 pends partly on weak solids, and partly on
 vitiated fluids, resulting in some cases from
 want of exercise which perhaps the cold may
 influence, but I rather suppose that some
 other causes combined with the cold, in this
 case. — There remains another operation
 of cold on the body, when carried beyond the
 degree inducing paleness. — a red color of the
 skin appears similar, nearly to that of Petech-
 ial in dead bodies. — It is produced by the
 deadness of the vessels which allow the blood

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to rush into them, and gives the red color, in a still greater degree it produces Gangrene or a total disorganization of the part. - Cold has a powerful influence in reducing the size not only of plants, but of living animals. The Samoid from this cause is but four feet high. - Cold acts most powerfully during sleep or in the night. - Soldiers, Sailors and the laboring poor are well acquainted with this fact. Nautical writers notice this death from cold after Shipwreck generally comes on in the night. - Hence most diseases come on in the night. - Cold has a curious action on old ulcers at times making them worse when they are nearly healed.

These are the effects of cold in ordinary circumstances but by alternation with heat they are increased, it predisposes to bilious fevers when it succeeds the heat of August. The abstraction of 20 or 30° of heat destroys the Equilibrium of excitement and excitability and thus invites morbid action it induces direct debility just as the abstraction of blood

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or any other stimulus. - Cold acts as a Sedative in stopping the perspiration which is an effect of indirect debility from heat. - The Yellow Fever is increased by cold, unless it be intense enough to destroy the Miasmata which produces it. - Weather which is uniformly cold is always healthy. - In Canada disease is unknown during the cold weather, but on the return of warm weather diseases return. - Mr. Githore makes the same observations of Russia a Catarrch is unknown in that country during cold weather. - Lantopides says the same of Norway. - Inflammatory fevers never come on till the spring. - In these cold countries. - Inflammatory fevers generally run on to the gangrenous putrid state in which the system does not treat. - Thus diseases are generated in the winter, and not brought forth till spring. - Cold long continued produces an insensibility to heat, hence the inhabitants of Northern Nations bear heat much better than we do, but this insensibility is lost to every succeeding Summer in the

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same manner as cold. - Persons who endeavour to render themselves insensible to cold resemble the clown who endeavoured to teach his horse to live without eating. - but fast as the animal learns he dies. -

Heat succeeding cold of that duration causes Gangrenous or highly Malignant fevers. - Van Swieten takes notice of this. - The plague is often excited in this manner. - Cold is not influenced by the Vicinity to the Poles. - When persons live by reason and experience and clothe themselves suitably, they experience no ill effects from cold. - Sir William Temple, says cold hardens the animals spirits. - In Canada the cold is not felt so sensibly as in these States, owing to the Inhabitants, taking greater precaution against the influence of it. - They have their windows double. Their walls very thick and never venture out of the house, without furs or thick clothing. - According to Mr Guthrie the Russians suffer less at home from cold than the Russians more Southern parts

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of Europe. — A Canadian Lady who spent a Winter at New York informed me that she felt more cold in one winter there than ever she experienced at Canada during her life owing to the alterations of heat and cold and moisture inflammatory diseases were violent in the time of Sydenham requiring blood letting as they now do in the middle States. But Luxeury and effeminacy have banished Scurvy blood from England and yet so prone is man to imitation that we prescribe for the name of a disease here just as they now do in that Island. — If our fellow Citizens on the Potomac do not bear bleeding so well as those of the middle States. — we must ascribe it to indolence and luxurious effeminacy. — Dr. Elghorn in Minorca seldom bleeds less than sixteen or twenty ounces in a phurasy. — Dr. Mcguain bleeds copiously in Jamaica, even when the pulse is scarcely perceivable. — and Dr. Carr informs us that in the Island of Santa Cruz a north west wind renders bleed-

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bleeding more necessary from the sudden transition in the temperature of the air rendering the diseases more violent. — It is not necessary to say that we must be careful to regulate clothes as the weather changes. — I have known thousands of people diseased from too little bed clothes. — but never but one instance from too much clothing that was a case of Haemaphys, thus induced. — The Climate of the middle States and of middle Latitudes is not necessarily unhealthy. — The changes answer some useful purpose, but they acquire that we should be careful to accommodate them. —

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Lecture 24th

Moisture increases the sedative effects of cold as it assists in carrying off the heat of the body, in England the temperature of 30° is more sensibly felt than 10 at Philadelphia - owing to the moisture of the air there. - The Russian Soldiers who spent a winter at Plymouth declared they felt the cold more severely there than they had done in Russia from the moisture of the air. - The coldness of the climate at Holland is owing to the moisture of the air. - This renders it necessary for the Inhabitants to put on winter clothing in the Evening of their warmest days midsummer. - Cold acts more or less certainly as it is applied to the whole or part of the body. - Thus cold feet ^{more frequently} induces Catarrh than a more general exposure to cold. - The cold hand of a Physician on a patient pulse has been known to induce Vigors. - A current of air on the

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neck of a person which comes through a broken pane of glass after produces inflammation and Stiffness of neck. - I know an instance of catarrh induced by a young woman leaving off a ribbin, she had been accationed to wear round her cap. - Cold does not act as a Stimulus in these cases, but it obstructs the Stimulus of heat, now it is a fact that the abstraction of one Stimuli is always followed by an increase of an other. - Say blood and the Equilibrium being destroyed between excitability and excitement. - disease is induced. - Hence the reason why partial application of cold acts more powerfull than general as it tends more to proscribe destroy this Equilibrium. - Hence I never proscribe for a patient with a Chronic disease without recommending the keeping the feet warm. The feet and The mouth are avenues for almost every disease to which the human body is exposed. - The same degree of cold acts more or less powerful as it is accompanied by windy or calm weather.

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I think I have observed more catarrhs after a spell of windy cold weather than when the weather is calm. - Wind acts by conducting of the heat of the body by perspiration -

Thus we have considered the effects of the sensible qualities of the atmosphere as far as relates to heat. - Cold moisture and dryness. - We go on and consider the variety of these effects at different Seasons of the year tho' these vary in the country, and in Cities. The following list of deaths during a period of seven years in the Parish of Nicholas, situated on Balogne, on the Sea Shore of France in 50° latitude, published by Dr. Daignon will afford an Idea of the average number of deaths in the different seasons, in winter 365. in Summer 272 in Autumn 357 - Spring 292. hence it appears that second degree of mortality is in the autumn - Perhaps this might have been in part caused by Marsh miasmata. - In this climate disease

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prevails much less in winter than it appears
to have done in S^t Nicholas - The Spring
and Summer were most healthy, and so
they generally are here. - The Mortality of
each month in the year may be seen from
the following list extracted from the same
work - In January there died during the
seven years, fifty seven Boys, thirty nine
Girls!! Married Men fifteen - Married Women
~~twelve~~ widows Eighteen Widowers - total 142
In February 40 Boys 35 Girls 16 married Men
12 married Women 4 ~~Widows~~ Widowers -
total 111 In March 42 Boys 27 Girls 9 mar-
ried Men 9 married Women 12 Widows 13 Widowers
total 112 - in April 30 Boys 31 Girls 14 married
Men 13 married Women 7 Widows & 10 Widowers
108 - In May 31 Boys 39 Girls 10 married
Men 14 married Women 19 widowers -
In June 21 Boys 27 Girls 8 married Men 11 M.
Women 1 Widow 9 Widowers. -
In July 20 Boys 23 Girls 11 married Men 9 M.
Women 3 Widows 6 Widowers. -
In August 29 Boys 20 Girls 18 M. Men 8 M.

Woman 1 Widower 9 Widows -- In Sept. 36 Boys
35 Girls 12 M. Men 24 M. Women 3 Widows & 9 Wo-
-dowers --

In Feb. 43 Boy & 35 Girls 8 M. Men & 13 M.
Women 9 Widows 5 Widowers. In Decr
38 Boys 35 Girls 20 M. Men 13 M. Women 9
Widows 7 Widowers total 122.

From this view we see that in Jan. there
were more deaths than in the succeeding
months. -- This is not the case in the mid-
dle States unless an influenza or other Epide-
mic occurs which was probably the case
there -- April is very fatal to patients la-
bouring under chronic complaints, especially
Phthisis Pulmonalis. -- June & July we see
are healthiest months. -- The same obtains
in America, and did formerly in England
Syddingham observes that the diseases of
winter, spend themselves by June, and
those of Summer by February. -- Hippocrates
made the same observations in different
words. -- he says the diseases of Summer
are seldom cured till mid winter and the

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disease of winter till mid summer.

I have uniformly remarked that most fevers bear bleeding till May, in Winter till Feb. they partake of the intermitting & remitting type. — There appears to be a kind Salsness in diseases they stop in June & July as it were to take breath, or to change one set of destroying weapons for another.

Moisture influences the disease, diseases induced by cold. — Night Air is from this cause unwholesome. — Mr Bruce informs us that his sailors at the approach of night become cowardly as the moisture rendered them chilly. — Mr Bridane tells us that catarrhs are almost always caught in Spain by exposure to Night Air, Serenading is a very common way of taking cold, so much so that it is a gallant thing to make love in a hoarse voice. — The Evening dampness is owing to the precipitation of the dew from the upper regions of the atmosphere. — The yellow fever during its prevalence, is more frequently taken

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during the Evening than at any other time. —
 The dew begins to be heavy about the Twentieth
 of August in Pennsylvania during the Year 1793
 in the prevalence of the yellow fever Springs
 which had been dry for six weeks, were set
 running without any rain having having
 fallen. — This far I believe I had it from
 an intelligent Farmer near this City Sick-
 ness and mortality continue till a severe
 frost or a very heavy rain, either of which
 check it — I say Frost it must be suffi-
 cient to form Ice, the common house frost
 is insufficient to check and rather encreases
 the disease. — Slight rains have the same
 effect, and the I shall presently point
 out.

Let us next proceed to the insensible qua-
 lities of the air as remote causes of disease.
 They consist of certain impregnations of the
 air and first of Marsh. Effluvia. This is
 a fruitful source of disease, for the produc-
 tion of Marsh Miasmate two circumstances
 must coincide to produce them animal and vo-

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vegetable matter, heat and moisture. - The heat must be intense and continued a ^{some} long time. - moisture is necessary, for no exhalation can take place from dry ground, but it is also necessary that the moisture should be moderate, If it could completely, the surface of Marshes nothing but pure water will exhale, moisture and not Liquidity is requisite. - Some Years ago the marshy grounds at the lower end of this City was inundated in April. - Many fishes and much Animal and vegetable matter was deposited on them, in vain was sickness looked for after it. - The heat in the month of April was insufficient to produce putrefaction. - The fact was mentioned to me by the late Dr Bond as a wonderful thing, which he could not explain. - This want of heat must have been the reason. - Some Years after that a similar inundation took place in June when the weather was very cool. - From the feeble apparition of the Rays of the Sun. - I ventured to predict that the same health would continue and it did so. - Many facts could be adduced

to prove that no morbid exhalation takes place from bodies of water. — Mr Bruce in his travels observed uniformly that in the rainy seasons where the marshes mowesses were covered with water the cuntries round about were healthy. — Dabzell in his account of Cayenne observes that when a sufficient quantity of Rain fell to cover the marasses completely with water, the Negroes were remarkably healthy. — But if a sufficiently fell to moisten them without completely overflowing them, diseases uniformly occurred. — This fact is observed in the Delaware State that whenever rain falls in sufficient quantity to cover the marshes grows the Neighborhoods of them are healthy. — In this state a few miles from the City in the neck as it is termed formed by the Delaware & Schuylkill just before this junction. The same thing happens, & in the year 1793 when the weather was dry, no intermittents occurred in the neck. — Healthy seasons we find depend on slender circumstances. There are no fixed principles with respect

to the quantity of Rain which falls and which render low grounds healthy or unhealthy. - I have said in the fourth Volume of my enquiries and observations, that heavy Rain promoted exhalation. - but by this is only meant an heavy shower, which acts by breaking the green pellicle which forms over ponds and in that manner allows of the escape of effluvia which were before confined. - But where they continue till they cover these marshes, health prevails. - It was in Barbadoes that the fact which I mentioned in my fourth Vol. happened and was received in a letter from Dr Davidson. - The direct rays of the Sun are necessary for exhalation of morbid emanate. - The swamps which are sheltered by pine or Cedar trees never emit offensive miasmata.

Marsh miasmata are said to proceed from putrid vegetables principally. - Animal putrefaction does not generate it. - They often putrify in open air at least without producing disease. - A certain small corner

comes from them, now no smell is perceivable in the effluvia we are treating of, perhaps this smell may be designed like the rattle of the snake to warn us of our danger, and direct to sources which if not prevented will generate disease. — If putrifaction of animals offalls were sufficient to generate marsh effluvia. — Lisbon, Edinburgh, & Madrid had long ago been depopulated. — Stables would not be permitted to remain so near our dwellings houses or Privies and the like to be placed in our yards. — But the fact is that Volatile alkali is disengaged in the putrifaction of those substances which perhaps neutralizes any morbid effluvia that might otherwise exhale. Privies are said to produce disease, it may be explained from the vegetable offalls of Kitchenstuff thrown into them.

The substances which have been known to produce disease by the impregnation of the atmosphere are as follows.

1st Marsh Miasmate properly so called from arising from low grounds. — 2nd Putrid Cabbages

have been known to discharge this gas, which produces disease. — Dr Rogers of Cork mentions a case of putrid fevers produced from this source.

3rd Putrid potatoes — an instance of disease produced from putrid potatoes occurred in the Island of Sartola from on board a ship eleven of thirteen died which was the number of the crew) of the disease which was a malignant fever. — 4th Putrid pepper has produced disease. — 5th Indian meal and certain seeds in a state of putrefaction. — 6th Caraway & aniseed have produced disease at sea. — 7th Putrid onions — & coffee in a putrid state has generated a yellow fever twice in this City and at Kingston Jamaica. — 8th Putrid cotton — 9th Putrid flax Hemp Hay & Straw have severally been known to reduce disease. — 10th Putrid canvass & Sails of vessels in a state of Putricity have produced genuine yellow fever. — 11th Rotten Books Paper money & papers have been known to produce disease. — A Diarrhoea from this cause was brought on in the whole family of

the treasurer of New York. Haller mentions cases of disease in is Bibliatheca induced by rotten timber of an old log house, it was a bilious fever and effected two or three persons exposed to its exhalations. - Huts built of green wood have been known to produce disease Dr. Shong observed when Surgeon of the Army, that for the first year in which the soldiers slept in huts they were remarkably healthy, but when the bark of the logs of which they were composed began to putrify which it did in the second year, numerous cases of disease bore witness of its unhealthy effluvia - This same cause operates in new ships Capt. Bell informed me of a case of this kind. - Dr. takes notice of it -

Stagnating air in the holds of ships frequently produce disease at sea, and when they arrive in Port. - The same causes operate in cellars frequently. - This may in the latter cases be caused by green wood, which is kept in them, and which I have mentioned induce disease, Chimneys in cellars obviate this

detestable effect. - This was recommended by Dr Franklin Beldge water has frequently by its Putridity and Stagnating in the holds of the vessels, generated disease. - The exhalation from docks, gutters, Sewers, have severally caused disease. Dr Priestly tells us of a friend of his Dr. - who was taken ill in consequence merely of stirring a pond of stagnating water. Duck ponds, and Hog sties have produced disease. - They should never be suffered near an house. - Putrifying near a house has caused disease. A cold spell of weather will sometimes, kill these weeds, and warm moist weather succeeding causes them to putrify. - Certain Animals ^{Substances} as putrid, human bodies. Raw hides and in one case a whale on the shore of Holland induced Bilious fever. - In putrid dead bodies it has sometimes been ascribed to contagion. - But this is not the case, for it occurs where the person did not die of a contagious disease, also putrid fish and many other animal substances have induced it. - Gibbon says Insects

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have caused disease and instances of Pœcusiō.

These are the principle sources of disease from impregnations of the atmosphere. — On what part of the body do these effluvia act. They produce indirect debility in the Brain. — This in some cases is so violent that syncope and even death have been the first operation of them. — Apoplexy has been thus induced. They appear to act next on the alimentary canal and stomach. Hence the discharge of bile, hence Cholera deasarica and other diseases of the intestines. — This teaches us the propriety of exhibiting Emetics in the first stages of disease, from these sources (and there is often the morbid action of the liver. — The liver is more or less affected in all cases of fever from these sources and there is often congestion of bile in the gall bladder. — The morbid action in the liver and inflammation induces an alteration in the bile, both of its secretion and excretion. Mr Galvani says that a bilious fever was induced by introducing Hydrogene

goes into the oesophagus of a fowl and tying it up. — The bile in some cases mixes with the blood and gives the skin the yellow tinge observable in those cases. 3rd The act on the nervous system and brain producing convulsions head ache, a proplexy, Palsy, madness, and death. — Hence we after find yellow fever ushered in with convulsions. — When these miasmata act on the alimentary canal. — They induce debility, Diarrhoea and Dysentery. They have been said to act on the blood producing that state which has been called discoloured blood. — But this Discrassia if I may be allowed the expression is the effect of the action of the blood vessels which as it were pulls it to pieces. — This has been very erroneously ascribed to putrifaction by Sydenham. — He however observed that this kind of blood occurs most commonly in cases where Miasmata have been the remote causes. — These Miasmata arise from the Earth in the morning. — they are rarified by the heat of the sun and ascend to the high

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parts of the Atmosphere in the Evening they are recondensed and precipitated to the surface of the Earth, that they have no influence.

So that the Morning and Evening are the only time they act. Are the miasmata producing yellow fever, the same which when acting on the bowels cause dysentary? I answer in the affirmative, it produces these different effects according as it is combined with more or less miasmata moisture. — Thus a mill pond at the foot a Hill, shall produce dysentary at the summit of the Hill and yellow fever at the foot of it. Mr Bruce has made this observation. Hence the propriety of Sydenham calling it "febus into vena" this opinion is held by Sydenham, Jackson, Clark and, Cleg horn, not only Dysentary but bilious Cholera is the effect of this same cause — also the bilious remitting and intermitting fevers but of this more hereafter.

We proceed next to treat of animal Miasmata and human Effluvia, as remote causes of disease. — However mortifying it may

be to the pride of man, yet it is a fact that he is under the necessity of emitting effluvia which engenders disease. - These are derived from the following sources. - 1st - want of cleanliness in linen wearing linen too long without washing. Mr. Howard relates numerous cases of disease brought on in this manner, there is a difference between linen and cotton in this respect; linen requires to be changed most frequently. - the diseases which prevailed in the army in the Campaign of 1776 was produced by the Ruffle shirts which the soldiers then wore. - 2nd - confinement of numbers of people in close rooms. Hence disease is produced among the Inhabitants of Egypt who crowd together at the overflowing of the Nile. In jails, Hospitals, Prisons Ships and the like it causes the diseases known by the name of Ship, Jail and Hospital Fevers, also at Schools, it sometimes produced diseases. 3rd - Low ~~sip~~ Vapid vegetables diet. The influence of food in the excretions of sweat, I mentioned before.

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^{4th} from a putrid animal diet. ^{5th} from a scanty quantity of food. ^{6th} from certain effusions of the mind. ^{7th} a mixture of stranges together. Dr. Blane mentions cases of Typhus from this cause. A similar disease was generated in the American Army during the Revolution by the introduction of Recruits into it. From this enumeration of the sources. Whence Animals Morbid Effluvia are derived, we are enabled to explain its frequent occurrence in times of war. From the uncleanness of the Soldiers, their being crowded together in Prison Ships, Hospitals, and other places of confinement from their low rapid Aliment, its scanty quantity, sometimes bad quality, the collection of strangers together and effusions of the minds of Soldiers leaving their homes being Besieged in Cities &c &c we every cause combined which tends to produce disease in this manner. - Famine & pestilence are thus clearly connected. - Shakespeare describes them as dogs crouching for employment at the feet of Caesar when girding on his sword. - A Sublime Idea -
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Can an human body infect itself? - I answer
yes. - By the stagnation of the perspiration fluids
in the extremities of the excretory Ducts. -
It then acts as a Stimulus, and induces a
true Typhus or Jail fever. -

Lecture 25th

The following circumstances deserve to be at-
tended to in the history of human Measles.
In the first place it is more frequently gene-
rated, and is more active in winter than in
summer season. - This was remarked du-
ring the War. That its operation was much

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milder in Hospitals during the summer than in winter - The reason probably is that the doors and windows are kept shut during cold weather and the Miasmata stagnate and become more active. - In the house of Employment which was the Hospital during the war in the Year 1777 The Jail fever assuaged and raged in April. - The weather became warm in May and the doors ^{of the house} and windows were opened. - The miasmata dissipated and the disease disappeared entirely. - On or about the 26th of May however a cold spell of weather commenced, the doors and windows had to be closed, the consequence was that the fever ~~the~~ came on again with fresh vigor. - I recollect it destroyed two of the Surgeons and one mate and increased in mortality greatly. - Blane mentions several circumstances corroborating of this fact. - He says the Ship fever was always most violent in proportion as they approached. - The coast of Great Britain and uniformly subsided when they got near the coast of the west

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Indies they sailors in the former case remained below deck to avoid the cold moist air - and in the latter they remained a great part of the time above deck, and thus enjoyed fresh air. - The disposition of cold likewise to concentrate these Effluvia is evident in the Yellow fever. - This disease is never contagious in the West Indies, and but rarely so here till Sept. when cases of contagion do occur from the doors and windows being then shut, and the effluvia concentrated. -

A second circumstance in the history of human miasmata deserving attention, is that it adheres to cotton and woollen clothing for a considerable time. - I knew a case of epidemic fever, which originated from a stocking worn by a servant round his neck while ill of a Typhus fever, it occurred in Harford county Maryland five months after the man was sick by wearing a coat taken out of his trunk, and it adheres also to wood and even brick walls. - A case of this kind happened at the Yellow Spring of Typhus, spreading

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from brick walls five months after a person who had been ill of it, had left the room. - This teaches us to place the beds of our patients of Typhus in the middle of the room. - This is no new fact

The leprosy of the Jews was formerly so malignant and contagious as to adhere to the walls of their Houses a long time. - It is a curious circumstance, that the contagion of typhus does not adhere to white washed walls nor to floors of

Earth. - Mr Howard long ago noticed this fact Cont Saxe in his reviews mentions that ground floors should always be preferred in Soldiers' huts, he never allowed ~~he~~ never them covered with boards, or any other substance, for this reason, nor his military Hospitals. -

Dr Siltou observed the same fact during the war. And ^{the} 3rd circumstance to be attended to is that, These miasmata act most powerfully on a debilitated subject and seldom where there is any Stimulus constantly operating Hence pregnant women and people with sores seldom are affected with Typhus. - In the former the Stimulus of distension

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in the latter of the Ulcer prevents the operation of the disease, but if the Ulcer is healed or the women delivered they are liable to the disease. — The circumstance of debility favouring so much the operation of these Miasmata shows us how useful it is to remove our patients from the neighbourhood of the miasmata as soon as they recover for their weakness will render them liable to relapse if exposed to its influence. — After Amputation Patients are very liable to Typhus. — 4th — The violence and certainty of their operations is increased by disposition of the mind as Grief, fear, or the like debilitating passions. — Hitherto we have considered animal Effluvia as confined to the human species but it proceeds from other animals than man. Dr Fordyce mentions a case where a disease resembling typhus was caused among sheep, and live stock sent on board a vessel from Great Britain to New York, which carried off numbers of sheep hogs &c. — Indeed I think Hydrophobia is owing to a retention of certain effluvia

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excretion of animals but more of this hereafter
 what is the name or rather what is the nature
 of the disease produced by those animal effluvia? It is called Slow nervous fever, Jail
 Fever Hospital and Ships Fevers, and by
 Cullen Typhus mitior. These are all one
 disease. - It is produced by great debility
 which is chronic it comes on gradually, fre-
 quently without being preceded by a chill
 or Stupor or any very observable premoni-
 tory Symptom. - Its action is first on the
 arterial System which it quickens and ren-
 ders Irregular. - It acts also on the Stomach
 and Alimentary canal excites vomiting of
 bile and voiding it per anum - in a few
 cases, tho this is uncommon. —

The bowels in general are regular no diar-
 rhoea or costiveness. - Blood —

It frequently is attended with abscesses in
 different parts of the body. - Buboes sw-
 ellings of the neck armpits &c. - often occur
 in it. The bile in some cases is changed -
 From the buboes it appears a Second grade

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grade of the blood. — Plague is the second degree of Fever produced by this cause. — this disease

To the list of fevers from human Miasmata may be added the Influenza This I think is an inferior degree of Typhus mitior it is produced from effluvia of living animals and putrifying dead animals matter. Lampriere takes notice of this.

Where typhus mitior occurs it may be distinguished from the diseases caused by Marsh miasmata. — 1st — by prevailing at all seasons of the year, but more especially spring and summer where as yellow fever

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prevails in Autumn principally, In typhus there are no intermission or Remission as there are in Yellow fever, And in Typhus there is Seldom discharge of bile - 3rd - from the action of Typhus being more moderate than those diseases produced by marsh Miasmata Seldom requiring bleeding during the prevalence of Typhus in Camp in the war I don't think I bled more than six patients with Typhus the action of the vessels was so feeble. - 4th - Typhus is contagious - Yellow fever and diseases of marsh effluvia are not. 5th - They may be known from a knowledge of the remote cause. - In autumn the marsh Miasmata act most commonly.

Bilious fevers as they are termed are to be distinguished by. 1st - They occur principally in the Autumn. - 2nd - From Remission and discharge of bile. - 3rd - From more morbid action accompanying them, than Typhus. - 4th - From being in the vicinity of the remote cause.

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marsh effluvia. - 5. - from the influence of heavy rains checking them. 6. - from attacking habits previously the most Robust.

Dysentary arises from either human or Marsh effluvia, but I think most commonly from human. - The different methods of treating Jail fever, accompanied with great or little morbid action, caused me to be thought ~~me~~ to wrong in my Tale of it. - But as in bilious Fevers, some cases require bloodletting, and some cured by Stimuli. - So is the Typhus, I would as soon bleed in the Typhus, if the pulse indicated it as in any other disease. - Typhus is produced by putrifying dead, and the effluvia of living animals.

Plague only from the excretions of morbid living animals. - Take notice Genl. of this distinction, it shews the necessity of cleanliness in the diseases. - Pure Air and wholesome diet to guard against the action of the remote cause. - A gain fevers from marsh Miasmata cannot be carried to foreign countries but from what has been said, it is evident that Typhus fever

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can. — quarantine Laws are therefore calculated only for the prevention of these diseases produced by human effluvia. — These may be readily known from those of miasmata by the Inguinal swellings or buboes. — This symptom does not occur even in the worst cases of yellow fever. — That the Plague is produced by miasmata of human bodies is believed now by Pringle Marcus Semprione — in Egypt it is supposed a disease resembling yellow fever, has been produced by the overflowing of the Nile, which is not genuine Plague. — We proceed now to the third source of disease from foreign Impregnations of the Atmosphere viz. —

Phlogesticated Air —

This exists in wells & cellars in some cases, many cases of death have occurred from from it. — You must all of you have heard of the death of some English men who were confined in a place called the black hole

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black hole, in Calcutta, a place filled with phlogisticated Air. - Four persons were destroyed by going into the

in the house of commons a part which the Phlogisticated Air of the room always goes to, ~~they~~ went there to take notice from a debate, and were destroyed by the impure Air - I am disposed to think that many diseases of Children are owing to this circulation of impure Air in close confined Schools Rooms - I knew a Lady who could not go into an evening company without experiencing a Vertigo and head ache from this cause, and a Gentleman in whom the Gout was excited by a close Room which appeared in a pain in the Rectum.

Epilepsy is usually first perceived in crowded ~~compa~~ assemblies hence its name "Morbus Carnitialis." - ~~It is~~ ^{the} The Air is impregnated foreign Matters by the combustion of certain Substances as Charcoal.

This gives it a most unwholesome quality Sulphur renders Air in which it is
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deemed unwholesome by the production of volatile,
 vitriolic acid. — This is found in the
 combustion of common coal. it stimulates
 the lungs very much — Dr Ramsey says
 that he was informed by Dr Gardiner of
 Charlestown S. C. that a number of years
 ago. The Inhabitants burned coal one win-
 ter — but the number of catarrhs was greater
 than that year than he had ever known
 before, and from that cause, so that they
 left it off. — 5th The air is adulterated
 by certain effluvia from Manufactories es-
 pecially such as Lead, Sulphur, and Ar-
 senic are used in. — Some particles of the
 Lead are volatilized and thus impregnate
 it. — A 6th Source is the Mortar and effluvia
 exhaled from certain plants. — hence the
 Night air is unwholesome from this dis-
 charging it at that time. — Bruce says
 an exhalation from the Ground assists and
 cooperates with this cause. — The har-
 monial or as Bruce calls them the Sami-
 on winds are unwholesome by passing over large

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large beds of Bitumen which give out volatile
 vitriolic acid, it is said that persons who die
 from respiring this samoon winds putrefy
 in a few hours. — Not we know the vitriolic
 acid to be antiseptic but the cause of this pu-
 trefaction you will ^{then} hear after. — 8. — Serous
 winds, these prevail at Italy and Naples
 they acquire their unwholesome qualities by
 passing over large bed of sand, which heats
 them and deprives them of moisture.
 They induce debility Sanguis &c. — This
 lecture was here concluded by a slight
 indisposition of Dr. Rush.

Lecture 26. —

1791

Lecture 26th

We proceed with the remote causes of disease as connected with the atmosphere. - The next in order is overproportion of pure or exigenuous air in the atmosphere. - This by its too great Stimulus induces indirect debility which predisposes to inflammatory diseases. - Another cause which renders air fatal is mentioned by Mr Bruce, and called by him Harmattan. - This he conceives to be exhaled from the Earth in certain parts. - he lost two gray hounds from it near a Town called Senar on the Banks of the Nile. - Man is not affected by this it only acts on Animals who respire from near the surface of the Earth. - What was remarkable the animals that die from this cause shew no signs of disease. - The place where Mr Bruce observed it was in latitude 13° North longitude 30° East

30° East from Greenwich, it is only observable he says during the rainy seasons. - The Lemmon tree Rice and millet are the only plants which are found near this spot of Earth, and these plants are known to thrive in Mephitic air. - The Earth of this place affords much salt by Lixivation. - Mr Bruce has observed this in another place than the one just mentioned and he observed it to produce a pecking pair in his foot. - When this air produces death in plants. - I believe it proceeds from excess of Stimulus. - Let us proceed next to inquire into the effects of particular Situations on disease. This differs according to the state of cultivation. - Now uncultivated Countries are always healthy. - Death is so rare an occurrence in some of our western frontiers that people collect in bodies to view its effects on human animals when it occurs. - New countries are less healthy, however if the soil is moist and exposed to the action of the sun, but if the wood prevent this they are healthy. - Thus in Delaware State, the first act of clearing

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ground is the signal for disease. — As the removal of the trees allows the ^{rays of the} Sun to enter to the marshy grounds which they shaded. — But by improvement and horticulture they become healthy. — Hence the healthiness of the northern and middle States, which some years ago were much less so. — The reason of which was that cultivation did not go on in proportion to land clearers as in Delaware and Maryland. Hence proceeds the healthiness of Connecticut which I am told was very subject to bilious fevers sixty years ago, but dysentery is now more common in the country, owing to the vapid food prevailing more than in Cities. — Cities are the jails and Prisons of human Species. — Can we read Genesis was the first who built a town. — His object was probably to destroy by the bustle of a town the remorse he felt for having murdered his Brother. — The Air of Cities is impure from many causes from — — — — — Docks, Trenches, Gutters &c. And the respiration and combustion continual — — — — —

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going on, detracts much from the purity of the air. — It is said in City that three or four persons die before they attain the age of eighty — Near twice as many deaths occur in Cities as in the country. Dr Price thought no person should go to London under thirty years of age. — The Miasmata of Cities generate Typhus Mitis consumption and bilious diseases. — Dysentery does not prevail as I observed in Cities so much as in Country — from the use made of Tea, Coffee, Wine and animal food. — While I was a Student at Princeton College a fact occurred which favours the assertion. — A Dysentery was Epidemic among the Students. — But no Student from New York or Pennsylvania was affected by it because they had been used to the food they got at College. — Whereas the other had been used to live on bread and Milk, and the change of diet brought on dysentery the quality of Soil has an influence on the air, if it be sandy the air is much hotter. — Inflammation of the Eyes are common on sandy

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soils. — 4th — Situation has much influence mountains are much more healthy than low countries. Hence we find there are fewer deaths, and more old people on the mountains of Switzerland, than in any other part of the world. — Perhaps one reason for this may be that mountainous countries are covered usually with ever greens. — There are two exceptions to this rule Calcutta and St. Domingo, here the declivities of hills are healthiest according to Dr. McClain. — This must be accounted for by the great heat of these countries causing the greater ascension of the Miasmata which are attracted and conducted by the cold on the top of the mountains. — The same thing occurs according to Mr. Volney in Germany Vicinity to towns Cities or Villages or to marshy ground in the country dispose to bilious remitting and intermitting Fevers. — For disease to be produced in this manner it is necessary for wind to blow over the grounds. — How far can these Miasmata be carried. —

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It has been said fifty Miles Barhaove says twenty, I have known a case where it was constantly carried ten miles on the back of the Susquehannah. - Trees stop its progress in a very great degree, woods of course should be left between marshy grounds and dwellings houses in the country. - The exhalation from rivers, is only from the shores, not from the middle of the rivers. - The famous Breakbone Fever of 1780 extended no farther than Market St and a few streets from the Delaware Mill ponds are a fruitful source of disease in the country. - An old Gentleman informed me that he never knew an instance of bilious fever, till within these twenty five years, since when Mills have been erected there, by planting trees around Mill ponds, these effects may be prevented. - 6th Vicinity to Deserts has a great influence on health. - The seroco winds for instance are nothing more than pure air, heated and dried by passing over

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sand near alipps Mr Bridi one speaks of
 their coming to Naples - 7th Vicinity
 to woody countries make an alteration in
 the air of a town. - Thus the temperature
 of the air Italy has been much warmer
 since the destruction of the woods and the
 cultivation of Hungary, Germany and other
 surrounding countries. - The change thus
 effected is merely in the sensible qualities
 of the air. The coldness of this climate will
 be much relieved, probably when the woods
 near the lakes and on our western frontiers
 is destroyed and the ground cultivated. The air
 on the Sea Shore has some peculiar properties
 which render it unfriendly to three diseases, Asth-
 ma, Pulmonary Consumption and Rheumatism
 and probable to all others. - There seems in many
 others cases to be a collection or mixture of the
 air as in Military Hospitals. - In these while
 dressing Sores tho the smell was abominable
 I have never puked and yet when I have co-
 me out into the open air I have vomited. -
 On what does the unwholsomeness of the

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Sea Shore depends? Its moisture has been said to cause it but I think it depends on its saline particles. — Why ^{then} does it not occur at Sea? May not this be counteracted by the motion of the Ship at Sea, imparting vigor to the Constitution, which enables it to resist the action of these saline particles. — In diseases of moderate morbid action this air is medical. — Perhaps the air may be too pure here, Hence it is said that consumptions are more quickly fatal at Madeira than any other place. — Several other local circumstances effect the Air. — Those who reside in cellars are uniformly unhealthy, and generally of a pale color, consumptions and Rheumatism affect them, Houses newly plastered are unwholesome, perhaps from the moisture, Houses surrounded with trees are unhealthy by confining the exhalations near the houses. — Some situations are healthy and we know not from what cause. — Thus I knew two cases of malignant fever in a small court called Zacharies Court where

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no local circumstances appear, to account for the fact, - Again I observed, in Third Street between Market and Arch Street., some years ago ten or twelve deaths occurred on the west side, and only two on the East side of the St. In the course of nine years. - This might have arisen from a current of infected air passing against the west side of the St. only, or perhaps it might have been owing to a specific contagion. - The influence of seasons have already been spoken of. - A Snow in February and March produced from the reflection of the Rays of the Sun, Sore Eyes which were almost Epidemical. - A Gent. Riding from Lancaster to this City, had his face blistered and Eyes much inflamed from this cause. - The presence of light has an influence on diseases. - I have mentioned some persons who cannot sleep without a light in their rooms. - Exacerbations of fevers are sometimes owing to this cause. - I have taken some pains to discover whether the Thunder

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and lightening have any influence on the Atmosphere which affects health independently of the change they produce by the alteration of the course of winds. - I have only been able to find one fact which renders it probable, and that was the case of a body a Sea who was able to tell whenever a Storm was coming on; and when it was about to come, from a headache caused by the Electric fluid in the air. - Earthquakes and (Aurorae) Boreals have no other influence on the system, then what they produce thro' the medium of the passions. - In Barbadoes Dr Lane says they clear away all acute and chronic diseases of the Island. - The effect of explosion of cannon and other loud noises, in some cases produce distress, two cases of this occurred during the Revolutionary war a slight fever is produced at the first onset of a battle from this cause. - Dr Cullen mentions a case of Epilepsy produced by the noise of a horses put in the street.

The affairs of the Battle at Princeton tho' the weather was very cold felt a burning sensation from this cause in their Ears and a warmth all over. — I shall here make a few observations on the effect of situation on diseases. 1st persons who emigrate from one country to another, more especially a hot to a cold Climate, are disposed to fevers sometimes they are seized the first but most frequently by the second year. — This is called seasoning. — 2^{ndly} persons who move from a sickly to a healthy Neighborhood acquire diseases which they would have escaped had they not removed from the marshy Situation. — here the change of air acts on the exciting cause. — it is a new Stimulus to which the system is not accustomed. 3^{rdly} Old people removing from a marshy Situation frequently die from the loss of the Stimulus of the miasmata, however poisonous to young people and middle age, the become a healthy stimulus once occur, plants which die, to old people if removed from the

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the neighborhood of marshes. — 4th — Persons after long Sea voyages become subject to Catarrhs by a mixture of land and Sea Air. — A Sea Capt. with whom I sailed in 1766 could tell his approach to land by his sneezing. —

5th — Change of air influencing disease is change of climate disposing to the Epidemical of the new situation. —

The influence of the moon on disease I must not neglect to notice here the influence of the moon acts in all animals and in inanimate Nature, On water, Vegetables, Oysters. nearly the lowest link in the chain of living animals. — It operates disposing the latter to open their mouths its influence on disease is noticed by Dr Balfour at Bengal, he observes that more deaths occur three days before and three days after the full and change of the moon, than during the same time in other parts of the month. — He has written a very learned

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learned and ingenious treatise on this subject, well worth your perusal Deambrock long ago made a similar observation. Dr Johnson made the same observations at Jamaica. — Also Jackson and — — — a 2nd Influence of the moon is particularly in Epilepsy. 3rd in Monia lunae Madmen all called Lunatics. — 4th in women — 5th In Hydrocephalus internus. &c. In Hemoptisis or Spitting of blood. 7th Its effects in fevers and chronic cases is very remarkable. — 8th Haller relates a case on the authority of Benedictus Salvaticus which the moon had a very particular influence on a patient with calculus in the bladder. — 8th Hillphatic says the moon has an influence on the number of births. — Which is in the full of the moon Eclipses of the sun and moon have some influence on the body. Lord Bacon fainted at the Eclipse of the moon. — Bera is said died at the moment of an Eclipse of the Sun. Dr Granquiere mentions that twenty Soldiers in the army at the

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the Netherlands were seized with the apoplexy at
an Eclipse of the moon 1746.

We come next to treat of Specific contagions. These
I have taken pains to find out Books that are
written on them. make them out to be much
more numerous, than they really are. The or-
iginal specific contagious diseases are the sm-
-all Pox Cynanche, Scarlatina and maligna-
meazles whooping. Cough chicken Pox, and in-
fluenza. — The small Pox, this may be known
before the eruption on the skin by an headache
pain in the back weakness and soreness of the
stomach. — The lungs and throat, as well as
the skin are affected with small Pox. hence
the cough and salivation which attends the sm-
-all Pox. — The time in which the eruption
appears after the contagion has been in the
system, is generally from fourteen to twenty
days generally the former on the mode of Inoc-
-ulation I refer to my second Vol. of enq^y
and observations. — Cynanche Scarlatina and
Maligna and Anguina. — There have been su-
-posed to consist of different Specific conta-
-gions

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contagious. — But I think they are all a modification of one, for an account of this I refer to Cullen and Johnsons treatise on sore throat. This disease is accompanied with more or less morbid action, of course require different treatment. — It probably depends on the insensible qualities of the air. —

From two facts relative to this disease, it effects not only a City or a country, but in some cases the whole globe. — ^{only} It is less altered by Climate, than any other contagious disease, if you read the account of this disease in Jamaica and those in Europe, you will think them copied from each other. —

III. The Chicken Pox is the most mild of the contagious diseases. — I have never known a case of it prove mortal. —

IV. The measles, This disease has a specific action on the skin and Lungs, it is more mortal than the small Pox. I do not suppose this to be the specific offspring

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offspring of a dot regamin.

V. The whooping cough

VI Influenza, effects the arterial system and lungs, this disease I do not believe is changed by winter or the sensible quantities of the air. — Because we find it the same in all changes of the weather. —

I have seen Epidemic in this City five times, and never once changed by dryness-moisture Cold or heat. — ^{gravelly} It affects neighboring towns and countries in succession. —

^{only} It has evident marks of being contagious in every country, where it is highly inflammatory and after require bleeding. —

The small Pox is of a more inflammatory nature, in winter than in Summer when it is accompanied by bilious Symptoms. — The same observation applies to the measles. — Dr Watson

says the measles has once been malignant. — The Scorlatina anguina is more affected by the sensible qualities of the air than any other contagious disease I shall conclude this lecture with the following observations on Epidemic

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1711
The first of the year was a fine day
and the weather was very pleasant
The wind was from the south
and the sun shone brightly
The water was very calm
and the boats were very light
The people were very happy
and the children were very noisy
The old man was very wise
and the young man was very foolish
The old woman was very kind
and the young woman was very cruel
The old man was very rich
and the young man was very poor
The old woman was very beautiful
and the young woman was very ugly
The old man was very strong
and the young man was very weak
The old woman was very healthy
and the young woman was very sick
The old man was very brave
and the young man was very cowardly
The old woman was very honest
and the young woman was very dishonest
The old man was very generous
and the young man was very selfish
The old woman was very patient
and the young woman was very impatient
The old man was very kind
and the young man was very unkind
The old woman was very gentle
and the young woman was very harsh
The old man was very good
and the young man was very bad
The old woman was very virtuous
and the young woman was very vicious
The old man was very noble
and the young man was very mean
The old woman was very pure
and the young woman was very impure
The old man was very true
and the young man was very false
The old woman was very loyal
and the young woman was very traitorous
The old man was very brave
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and the young man was very poor
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The old man was very strong
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 9. No two specifically contagious diseases can
 act at the same time on the blood vessels.
 The small Pox and Lues Venerea Mr. Hunter
 has proven never exists at the same time.
 Mary queen of Scots is said to have died of the
 small Pox, and measles at the same time,
 this I do not believe, - They may be blended
 and each same what changed by the combi-
 nation. - I would as soon believe a horse can
 trot and Race at once. - Hence we here of ra-
 -ining Epidemics - One superior in force
 assumes the Sovereignty and all diseases wear
 its liveries - Thus fevers in autumn of 1783
 were all marked with Symptoms of Scarla-
 -tina - Thus fevers partake of the Symptoms of
 the small Pox according to Sydenham -
 Huxham describes a fever attended with the
 symptoms of the small Pox as sweats Eru-
 -ptions - aphthae sore Throat &c. &c.
 Permit me Gent. to call your attention to this fact
 it was taught me first by Dr Sydenham and
 has been of more use to me than any one
 fact I know of in Medicine.

Ramuzana

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Rammazani tells us that D^r Barnstorff principal Physician at madena informed him of a camp fever which prevailed in the army that produced such an effect on the soldiers wounds as made them believe the wounds poisoned untill untill he heard that the same fact occurred also in the Enemies camp. — Cleghorn in minorca says that broken legs put on the type of bilious Fevers, during the prevalence of these diseases. — The measles which prevail now in our city partake of the nature of our autumnal Bilious fevers. Hence I explain the affections of the Stomach accompanying them and all the diseases of 1793 partook of the nature of yellow fever. — many a (marvelous) symptoms will be explicable by a knowledge of this fact which you would other wise be at a loss to explain If this fact be of so much use to you, as it has been to me you would be compensated for your trouble. — If I were not to mention another in the course of my life lectures. — For ignorance of it has been a great cause of quarrels

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quarrels among Physicians. — Sidenham mentions that in 1670 that intermittants were Epidemic and every other disease wore its living even the small Pox had remissions and exacerbations In 1671 and 1672 the small Pox reigned in London, and every other disease disappeared for a while or else assumed the symptoms of small pox so that you see Epidemics not only force other diseases to put on their livery, but chase them from their presence. — Epidemics differ in degree of their relative force in the beginning and end of their reigns. — Thus the small Pox is more powerful than the measles. When the small Pox rages the measles disappear, but in the close of the reign of the small Pox, the measles become more active and assume the sovereignty. — I said the reigning Epidemics chase away the other diseases, in 1764 & 5. The Plague had no rival in London. — The measles in this City in 1789 banished all other diseases. — The measles often chase away

away the influenza.

5th contagions do not act on every person at sometimes, and yet they are seized unexpectedly when they suppose themselves free from danger. — This happens from the impression of exciting causes, at some time more than at others. — 6th — They vary in their attacks as to force & violence, they may be compared to representations of different things. — Some in Meraic work and in others the impression is so weak that it may be compared to a picture done in water colors.

7th Epidemics affect Inhabitants of one country only, thus in the Year 1793 West Indians and Frenchmen escaped the yellow fever, which prevailed here. — Jews were exempted from the Epidemics of Germany, likewise the Italians. — An Epidemic prevailed in France among Englishmen only — and hence the term "Sudor Anglicanus" — 8th Epidemics affect persons of one color only thus at
Mather

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Marthor Vineyard an Epidemic prevailed among the white what did not effect the Indians and an other which did effect the white inhabitants, the latter was a bilious fever. — According to Ramsey the Negroes of South America are generally exempted from the Epidemics of the white and vice versa. — 9th Epidemics effects persons of one age only accounting in children and not in adults — and in adults diseases from which children are exempt. — Hence we may readily conceive that in the time of Moses an Epidemic raged which carried off only the first born of the Egyptians. — Similar facts occur in more modern times. — 10th Epidemics are confined to one sex only. — Thus in the year 1795 an Epidemic prevailed at Derby in Connecticut, which effected children of the female sex only. — In Italy an Epidemic prevailed which carried off 60000 women and scarce one man.

Epidemics effect persons of a certain rank in society only. — In 1556 an Epidemic

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which was confined to the rich appeared in Holland and heaven has ordained the Poor to be the first objects of the ravages of the plague. — 13th — Epidemics affect inhabitants of countries, if not exclusive at least very differently, owing to their peculiar predisposition — indeed Families differ in this respect, some more liable than others. —

14th — Epidemics are confined to the human Species only. — 15th — They sometimes affect other animals jointly with man, as cats, Dogs, &c. — but seldom, all animals generally, particular Species being more liable than others, Cattle, Sheep Dogs and Cats seem subject to bilious Fevers also. — 16th — Fish in some cases. — 17th — even insects are affected by them, many people have predicted the approach of a sickly season, from observing the increased number of Musquitoes. — And It is remarkable however that flies is an exception to this remark for the very often die during an Epidemic. — Insects as as locusts

19th Trees and the fruits of the Earth are affected by Epidemics, the former die, the latter are small knotty and not much sooner than common seasons and before or after, or during the prevalence of an Epidemic winds are observed to come from an unusual quarter accompanied with more or less rain. Of 420 of these rainy seasons of which we have account of 91 of them were sick.

Pigeons.

1799 The Birds in Luzern County were frequently found dead in the woods. - The trees dropped their leaves every year during the Epidemic Yellow fever in Philadelphia. - The Horse flies leave the horse, - the green flies appeared

Why this uncommon appearance of Nature, is it to give information that a Ship has sailed with contagion, packed up in a Hoghead or smeared over piles of large wood?

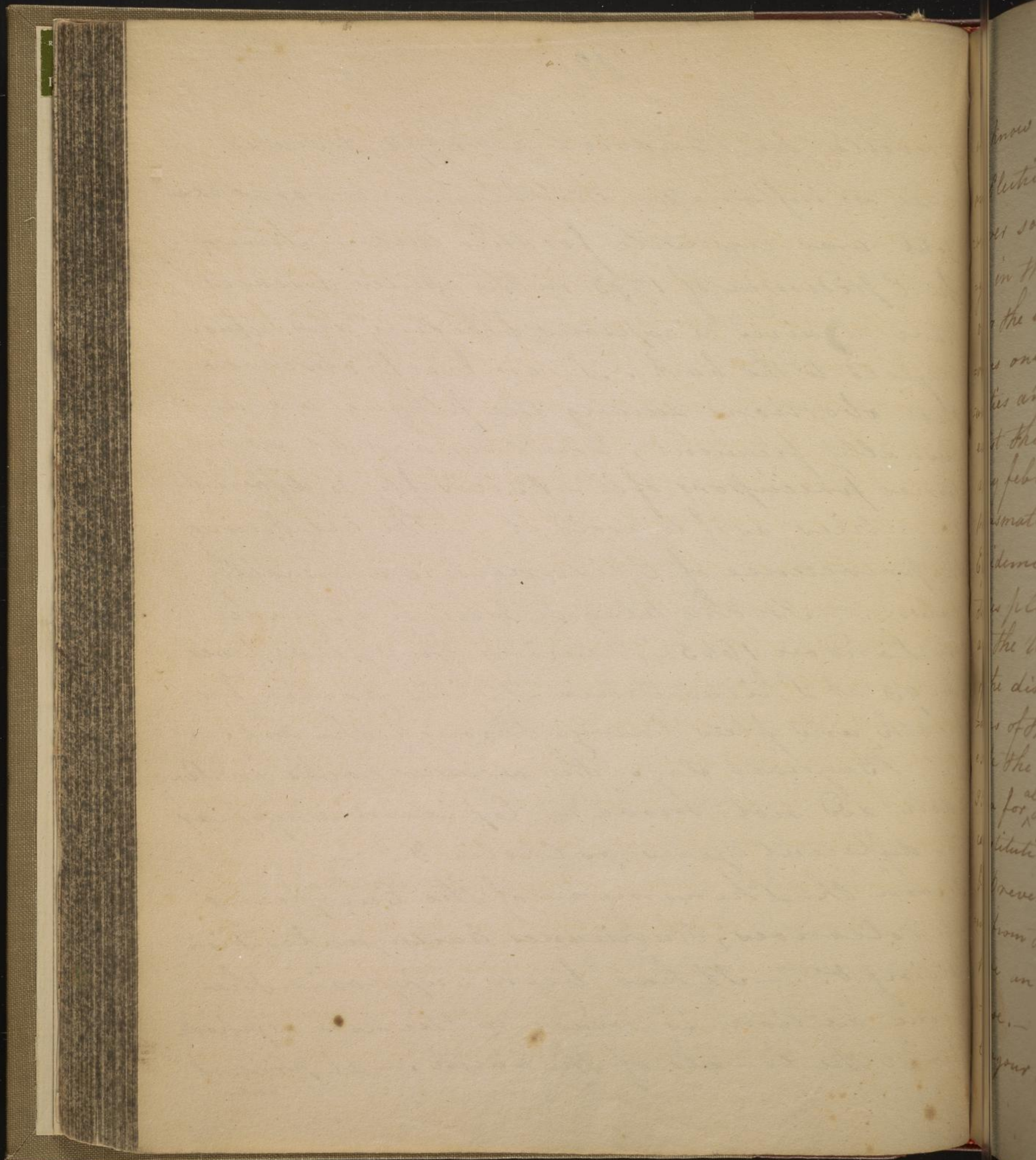
locusts frequently accompany the Plague
 in Egypt Lempriere has observed insects ac-
 -companied Murrain and plague in Afri-
 -ca. — As sounds have relation to each
 other, so have Epidemics, with certain
 other rare events. — 20th Many Birds
 disappear during the prevalence of an
 Epidemic, and those that are confined
 die in their cages, a remarkable fact
 of this kind happened at Luzerne coun-
 ty last year 1799 while they were visited
 by a genuine yellow fever, few Birds were
 visible. — 21st The seasons accompanying
 Epidemics are generally very hot or very
 cold or tempestuous. —
 22nd The appearances with the recurrence of
 Epidemics as Calm, Earthquakes Eruptions
 of volcanoes, Hurricanes, &c. —
 Hence it has been supposed that pesti-
 -lential matter exhaled from the Earth
 Great and mortal Epidemics influ-
 -ence diseases less than themselves. —
 In 1664 a bilious remittent fever pre-
 -vailed

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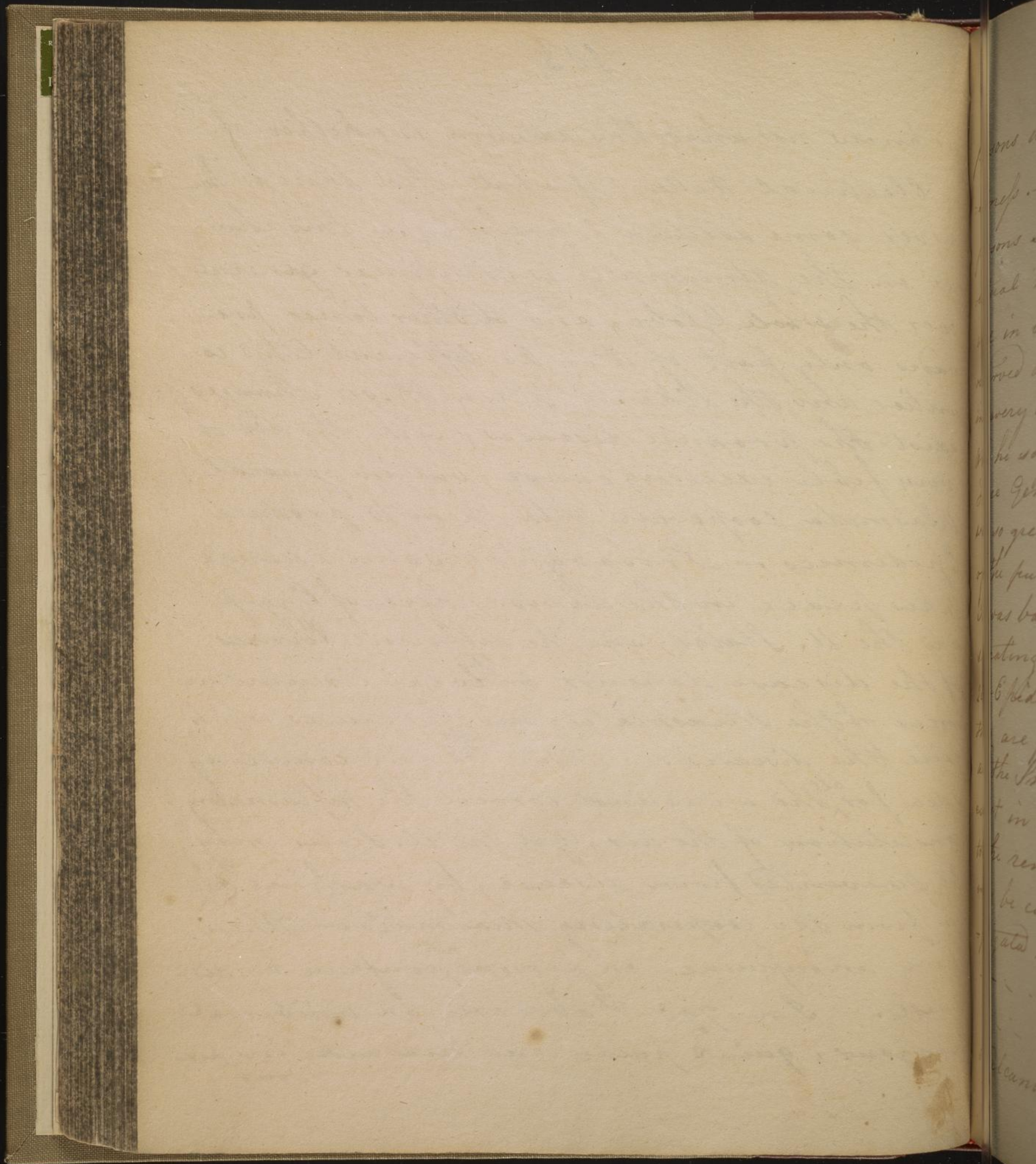
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prevailed in London. - in 1792 diseases were so inflammatory that bleeding to some extent was requisite for this cure. - Since the Epidemic of 1793 in the united diseases have required a copious bleeding and refuse to yield to the bark. Drombroak observes that abortions during the plague are unusually frequent, and they appear sometimes precursors of it - Birds fly to different countries as if to avoid it - The air during the prevalence of Epidemics is unusually calm. - In the plague which appeared in London 1665 in during the yellow fever in 93 at Philadelphia - Birds panted for breath and flew heavily through the air. - Dr Baynard says The weather cocks in London did not move - Epidemics appear in different years as Cholera &c - From the Phenomena of the Europeans of volcanoes, Hurricanes Earthquakes Fish dying &c. - It has been supposed that some addition is made to the atmosphere from the bowels of the Earth. - At present
we



we know not what this addition is whether of
 an Electrical Matter (of what) that there is ho-
 wever some addition is probable. — This chan-
 ge in the Atmosphere is sometimes general
 over the whole Globe, and at other times pre-
 vades only part of it. — As different Citys co-
 unties and the like. — When these changes
 exist they produce diseases, with the aid of
 very feble exciting cause, but in general
 Miasmata cooperate with them to produce
 Epidemics. — Probably the same change
 takes place in the Atmosphere of Egypt
 and the U. States, and the different forms
 of the disease depends on local circumstan-
 ces of the Miasmata, and the causes which
 excite the diseases. — This a most consoling
 Idea for ^{all} tho we cannot correct the inflammatory
 constitution of the Air, yet the U. States may
 be prevented from disease, by washing them
 from the cooperating Miasmata. These
 have an influence on persons ^{not} confined by dis-
 ease. — In 1793 I observed an universal
 languor, quick pulse and headache in per-
 sons



persons walking and doing their common business. — It was remarkable however that persons subject to chronic complaints as habitual headache were ~~resolved~~ relieved and were in better health than usual. — Baynard observed an uncommon disposition to sweat in every body in London during the Plague. — And he says "all had creeping and low pulse here Gent. The stimulus of this Epidemic Air was so great as to prostrate as it were the action of the pulse. — While in our Epidemics of 93 It was barely sufficient to quicken the pulse sweating was also common here. —

28th. — Epidemics originate in all countries after they are formed, They are propagated by contagion as the Small Pox. — This course does not exist in Cities, here all are alike exposed to the remote cause of disease, — But it may be carried to a great distance and propagated by contagion as in the plague. —

Volcanoes, Earth quakes, comets, Meteors

You must watch Epidemics with a Spec-
glass and a microscope every Year, every
Month, every week, and even every day.
This Dr Sydenham did and with all his
care he acknowledged he lost some patients
on the appearance of every new Epidemic.

Meteors, Plague and Yellow fever appear to have
 a Sympathy between themselves. — The origi-
 -nal birth place of particular diseases has
 been much talked of. — At first they were
 derived from heaven, then from the planets
 but at length Siam and Egypt have been fixed
 on as the native place of them. — That this
 at the end of the end of the enlightened, Eigh-
 teenth Century should be a prevailing opinion
 is a degree disgrace to medical Philosophy.
 — They are certainly generated in every large
 City — Quarantine Laws have been erected
 to prevent their introduction into Cities. —
 It can only serve as the like the Bird. Ibis
 of the Egyptians (as Mr Webster justly ob-
 -serves) to engage the attention of the Inha-
 -bitants. — They conceive their Plague owing
 to hot Lybean Winds bringing Serpents
 among them. — We derive ours from Bales
 of goods, and infected Ships. — The Egyptians
 adored Ibis for destroying the Serpents and
 they died with their Plagues we worship our
 Quarantines with as much Success —
 End of V. 3^d

1

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Nov. 11th 1808Lecture 4th

D^r Wister commenced this lecture with the following questions, to some of his pupils.

How do you know that the arteries are elastic?

In what manner Sir do you think the Calves assist the blood in its direction forward?

Can you tell me Sir, what is the reason that there are so many superficial veins and superficial Lymphatics?

Here the D^r observed that every fibre in-
-jection of the Kidney that he perceived
the artery and veins run parallel with
each other, till they become very small
when the vein joined in substance with the
artery & a third kind of vessel was formed
which is the excretory vessel, this he thinks
to be a mere continuation of the artery

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What do you mean Sir by a Gland or
what is their structure -

What is your reasons Sir for supposing that
the Glands are vascular? -

I shall next proceed Gent. to make
some remarks on, Osteology and first the
Structure composition of the bones

Lecture 5th

What do you mean by an Epiphysis?

Does an Epiphysis differ from an Epoph-
=esis?

What do you mean by the head of a bone?

You ought Gent^l to take notice of the dif-
-ferent cavities, some of which are deep
and as the acetabulum, and some are very
superficial as the Glenoid cavity &c.

1844

What is your name?

What is your name?

What is your name?

What is your name?

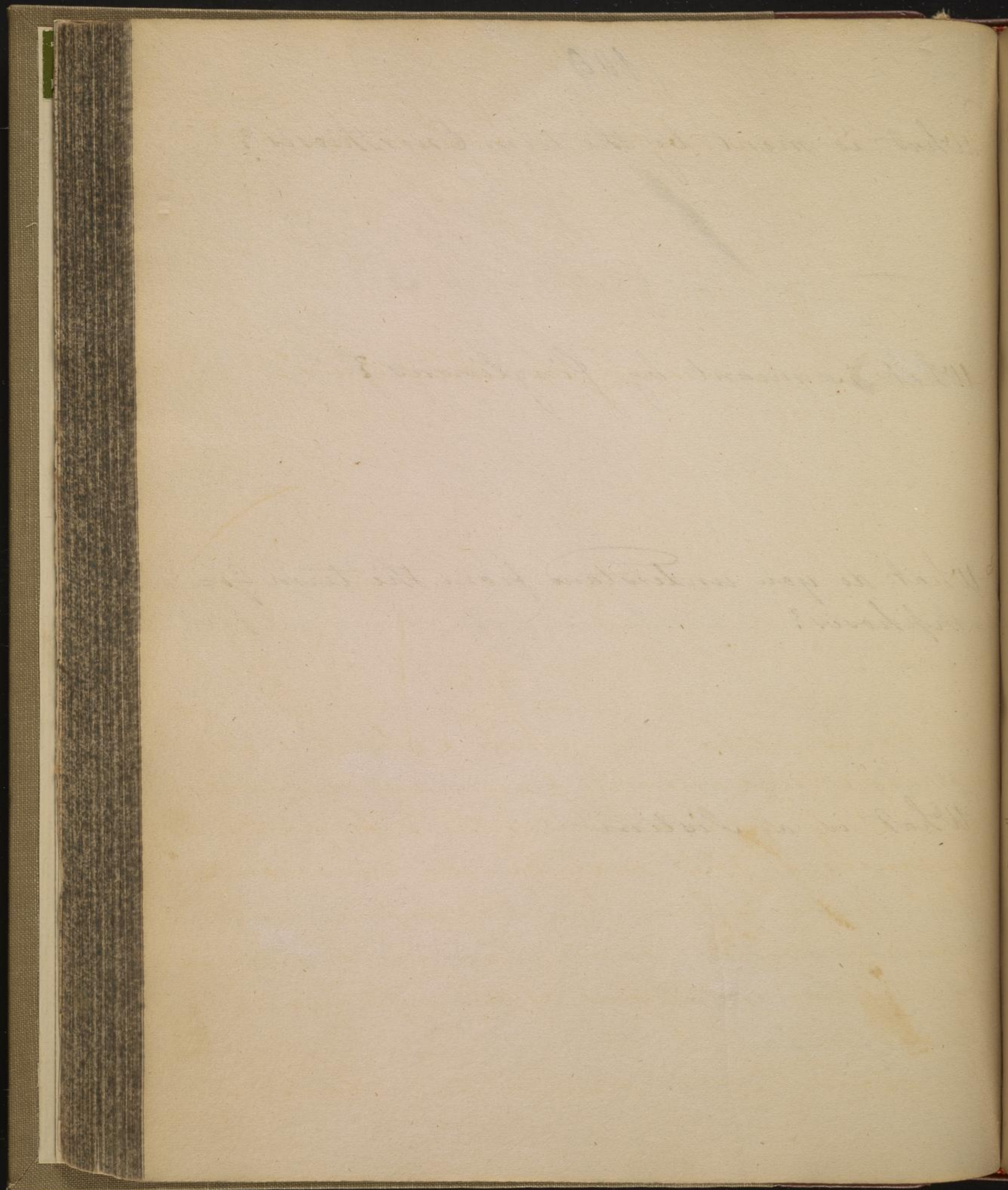
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What is meant by the term Enorthrosis?

What is meant by Linglinus?

What do you understand from the term Go-
=mphosis?

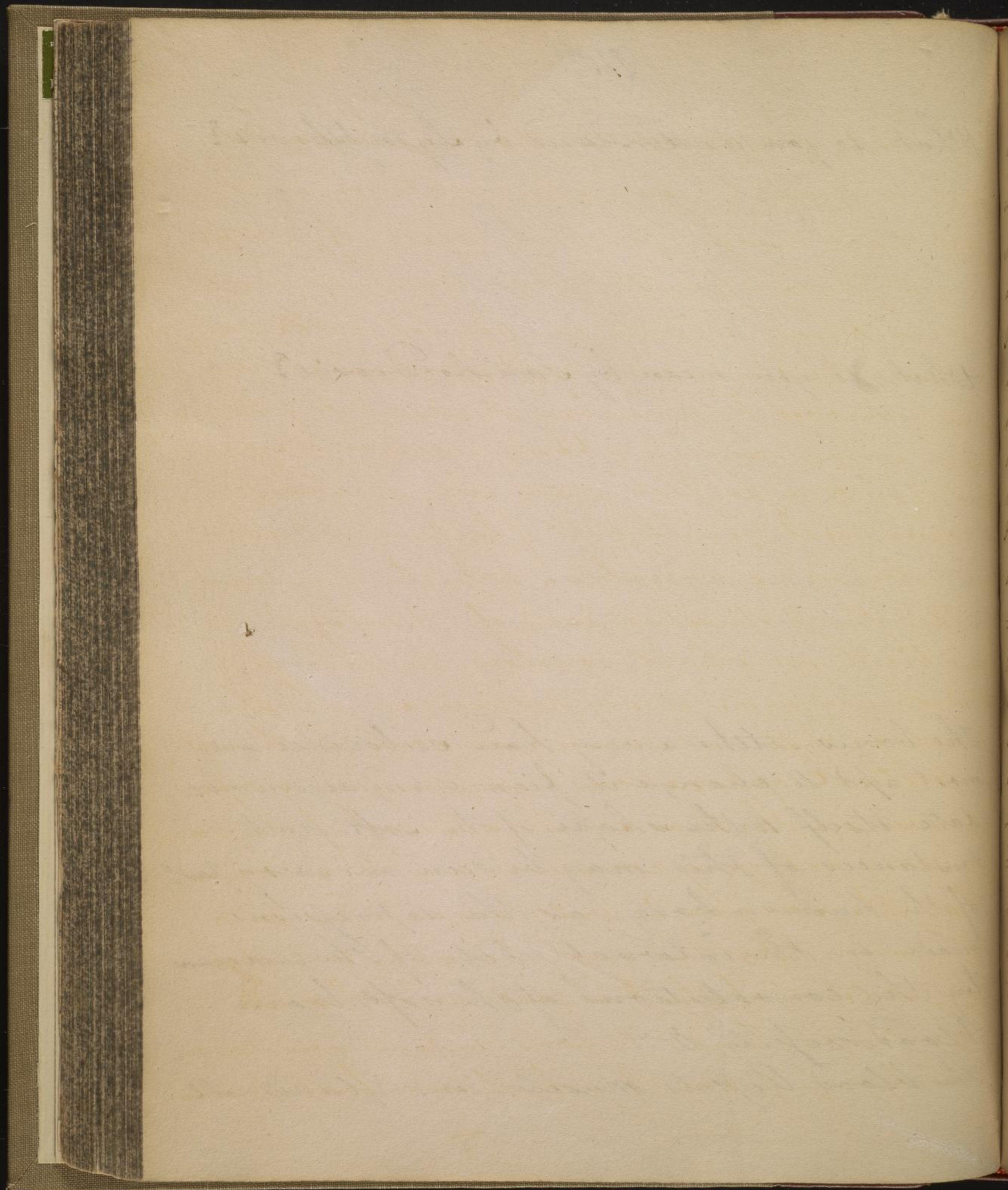
What is a Sistim



What do you understand by Symphosis?

What do you mean by Sanchondrosis?

The bones, altho a very hard substance are most apt to change its figure and accommodate itself to the shape of the soft parts. Instances of this may be seen in every part of the human body, as the depressions made in the internal plate of the cranium by the convolutions of the soft brain blood vessels &c. The blood vessels muscles and glands, all



all make depressions in the cylindrical as well as broad bones, and are truer in the soft parts, have the same effect, if it make any pressure upon the bone.

I once knew a child in this City, who had a remarkable prominent forehead, which was removed by wearing a cap filled with sand, and in about two years was restored to a perfect natural shape.

I come next Gent. to part of lectures which will be more agreeable, which is to consider the particular parts of Osteology. — And first we shall consider the Skull.

I wish you Gent. to pay particular as to the Osteology of the Cranium, as some of the most important operations, in surgery are performed on the head. — Fractures of the cranium are very common and it is important, that the surgeon is well acquainted with the parts, that he may be able to judge the extent of the fracture and these are very important, Blood vessels and nerves which pass from it which are best learned by

11
The first of these is the
fact that the human mind
is not a blank slate at birth
but is filled with a vast
amount of information
which is acquired from
the environment. This
information is stored in
the memory and is
available for use at any
time. The second fact
is that the human mind
is capable of learning
from experience. This
learning is based on the
comparison of new
information with the
information already stored
in the memory. The
third fact is that the
human mind is capable
of reasoning. This
reasoning is based on
the application of
logical principles to
the information stored
in the memory. The
fourth fact is that the
human mind is capable
of imagination. This
imagination is based on
the combination of
information stored in
the memory with new
information. The fifth
fact is that the human
mind is capable of
creativity. This creativity
is based on the
application of
imagination to the
information stored in
the memory. The sixth
fact is that the human
mind is capable of
problem solving. This
problem solving is based
on the application of
reasoning to the
information stored in
the memory. The seventh
fact is that the human
mind is capable of
decision making. This
decision making is based
on the application of
reasoning to the
information stored in
the memory. The eighth
fact is that the human
mind is capable of
communication. This
communication is based
on the application of
reasoning to the
information stored in
the memory. The ninth
fact is that the human
mind is capable of
social interaction. This
social interaction is based
on the application of
reasoning to the
information stored in
the memory. The tenth
fact is that the human
mind is capable of
self-reflection. This
self-reflection is based
on the application of
reasoning to the
information stored in
the memory. The eleventh
fact is that the human
mind is capable of
emotional regulation. This
emotional regulation is
based on the application
of reasoning to the
information stored in
the memory. The twelfth
fact is that the human
mind is capable of
moral reasoning. This
moral reasoning is based
on the application of
reasoning to the
information stored in
the memory. The thirteenth
fact is that the human
mind is capable of
spiritual reasoning. This
spiritual reasoning is
based on the application
of reasoning to the
information stored in
the memory. The fourteenth
fact is that the human
mind is capable of
philosophical reasoning. This
philosophical reasoning
is based on the
application of reasoning
to the information
stored in the memory.
The fifteenth fact is
that the human mind
is capable of scientific
reasoning. This scientific
reasoning is based on
the application of
reasoning to the
information stored in
the memory. The sixteenth
fact is that the human
mind is capable of
historical reasoning. This
historical reasoning is
based on the application
of reasoning to the
information stored in
the memory. The seventeenth
fact is that the human
mind is capable of
literary reasoning. This
literary reasoning is
based on the application
of reasoning to the
information stored in
the memory. The eighteenth
fact is that the human
mind is capable of
artistic reasoning. This
artistic reasoning is
based on the application
of reasoning to the
information stored in
the memory. The nineteenth
fact is that the human
mind is capable of
musical reasoning. This
musical reasoning is
based on the application
of reasoning to the
information stored in
the memory. The twentieth
fact is that the human
mind is capable of
mathematical reasoning. This
mathematical reasoning
is based on the
application of reasoning
to the information
stored in the memory.
The twenty-first fact
is that the human mind
is capable of physical
reasoning. This physical
reasoning is based on
the application of
reasoning to the
information stored in
the memory. The twenty-
second fact is that the
human mind is capable
of biological reasoning. This
biological reasoning is
based on the application
of reasoning to the
information stored in
the memory. The twenty-
third fact is that the
human mind is capable
of chemical reasoning. This
chemical reasoning is
based on the application
of reasoning to the
information stored in
the memory. The twenty-
fourth fact is that the
human mind is capable
of geological reasoning. This
geological reasoning is
based on the application
of reasoning to the
information stored in
the memory. The twenty-
fifth fact is that the
human mind is capable
of astronomical reasoning. This
astronomical reasoning
is based on the
application of reasoning
to the information
stored in the memory.
The twenty-sixth fact
is that the human mind
is capable of meteorological
reasoning. This meteorological
reasoning is based on
the application of
reasoning to the
information stored in
the memory. The twenty-
seventh fact is that the
human mind is capable
of climatological reasoning. This
climatological reasoning
is based on the
application of reasoning
to the information
stored in the memory.
The twenty-eighth fact
is that the human mind
is capable of oceanographic
reasoning. This oceanographic
reasoning is based on
the application of
reasoning to the
information stored in
the memory. The twenty-
ninth fact is that the
human mind is capable
of atmospheric reasoning. This
atmospheric reasoning
is based on the
application of reasoning
to the information
stored in the memory.
The thirtieth fact is
that the human mind
is capable of environmental
reasoning. This environmental
reasoning is based on
the application of
reasoning to the
information stored in
the memory. The thirty-
first fact is that the
human mind is capable
of ecological reasoning. This
ecological reasoning is
based on the application
of reasoning to the
information stored in
the memory. The thirty-
second fact is that the
human mind is capable
of evolutionary reasoning. This
evolutionary reasoning
is based on the
application of reasoning
to the information
stored in the memory.
The thirty-third fact
is that the human mind
is capable of genetic reasoning. This
genetic reasoning is
based on the application
of reasoning to the
information stored in
the memory. The thirty-
fourth fact is that the
human mind is capable
of molecular reasoning. This
molecular reasoning is
based on the application
of reasoning to the
information stored in
the memory. The thirty-
fifth fact is that the
human mind is capable
of cellular reasoning. This
cellular reasoning is
based on the application
of reasoning to the
information stored in
the memory. The thirty-
sixth fact is that the
human mind is capable
of tissue reasoning. This
tissue reasoning is
based on the application
of reasoning to the
information stored in
the memory. The thirty-
seventh fact is that the
human mind is capable
of organ reasoning. This
organ reasoning is
based on the application
of reasoning to the
information stored in
the memory. The thirty-
eighth fact is that the
human mind is capable
of system reasoning. This
system reasoning is
based on the application
of reasoning to the
information stored in
the memory. The thirty-
ninth fact is that the
human mind is capable
of organism reasoning. This
organism reasoning is
based on the application
of reasoning to the
information stored in
the memory. The fortieth
fact is that the human
mind is capable of
ecosystem reasoning. This
ecosystem reasoning is
based on the application
of reasoning to the
information stored in
the memory. The forty-
first fact is that the
human mind is capable
of biosphere reasoning. This
biosphere reasoning is
based on the application
of reasoning to the
information stored in
the memory. The forty-
second fact is that the
human mind is capable
of geosphere reasoning. This
geosphere reasoning is
based on the application
of reasoning to the
information stored in
the memory. The forty-
third fact is that the
human mind is capable
of atmosphere reasoning. This
atmosphere reasoning
is based on the
application of reasoning
to the information
stored in the memory.
The forty-fourth fact
is that the human mind
is capable of hydrosphere
reasoning. This hydrosphere
reasoning is based on
the application of
reasoning to the
information stored in
the memory. The forty-
fifth fact is that the
human mind is capable
of lithosphere reasoning. This
lithosphere reasoning
is based on the
application of reasoning
to the information
stored in the memory.
The forty-sixth fact
is that the human mind
is capable of biosphere
reasoning. This biosphere
reasoning is based on
the application of
reasoning to the
information stored in
the memory. The forty-
seventh fact is that the
human mind is capable
of geosphere reasoning. This
geosphere reasoning is
based on the application
of reasoning to the
information stored in
the memory. The forty-
eighth fact is that the
human mind is capable
of atmosphere reasoning. This
atmosphere reasoning
is based on the
application of reasoning
to the information
stored in the memory.
The forty-ninth fact
is that the human mind
is capable of hydrosphere
reasoning. This hydrosphere
reasoning is based on
the application of
reasoning to the
information stored in
the memory. The fiftieth
fact is that the human
mind is capable of
lithosphere reasoning. This
lithosphere reasoning
is based on the
application of reasoning
to the information
stored in the memory.

learned by a particular attention to the anatomy of the Cranium.

Dr Wister next observed, the difference in the shape of different skulls, as that of the African differing from the European &c. &c. Some of these differences are owing to artificial causes, for Instance the Turks wear a turban round their heads, which makes their heads much rounder than the Europeans.

He next observed that the Cranium divided into Eight bones six proper and two common to the Cranium and face. He then demonstrated the Sutures - Observing that there were vessels passing from internal parts of the Cranium to the ligaments of the head more particularly through the sutures which he wishes his pupils to remember as they are very important in relieving affections of the brain. I once knew a man who was affected with a sense of lightness in the head so much so, that in the morning as to produce a complete



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vertigo, when he awoke and rose from his
 bed, he was intirely insensible of the place
 where he was, when in his own bed chamber
 He was bled largely, and had repeated cathar-
 tics and traviled on foot fifteen miles
 in a day to open perspiration and equalize
 the circulation, all without relief of his com-
 plaint. - He came to town and I applied -
 cupping to the cranium, and he was releve-
 ed by the first operation, and he has al-
 ways ^{since} been releived in the same way when
 he felt an approach of the same complai-
 nt. D^r W. says he cannot account for
 this connection, but such is the fact.

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8th Situation, disease in the Southern States
appear to keep pace with the culture of the
land, but in the middle and Northern States
it is different, when the culture consists in
draining low lands, and stopping the overflowing
of lands &c &c. Sixty years ago Connecticut
was very subject to bilious fevers, but since
the land is divided into small possessions,
these diseases have disappeared.

Cities are the hot beds of Vice and Intemperance
good made the world, but man made cities

Lecture.

There are some people who have Thunder Pho-
-bia deafness has been brought on by the firing
of cannon.

Lecture. 27th

We proceed next to treat of Aliments, and drink, as remote causes of diseases.

This is an important subject; as our mouths and feet are the avenues of most of our diseases. — They act in two ways. 1st by their quantity secondly by their quality. R

First of Quantity.

This acts first by its excess in distending the Stomach and its excessive Stimulus; And secondly by the quantity of nourishment it conveys to the System. — In either way it induces indirect debility, and predisposition to disease.

An excessive quantity of food taken frequently taken causes the Stomach to lose its tone inducing disorder through the whole system and contaminating all the fluids. — It produces moreover dyspepsia, and in some cases, even sudden death.

Apo =

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Volume 27

The first of the series of lectures on the history of the human mind, delivered at the University of Cambridge, in the year 1826, by the Rev. John Wilson Croker, M.A., Fellow of the University, and Secretary of the British Museum.

Part I. Of the origin and progress of the human mind, from the earliest period of its existence to the present time. In which the various stages of its development are traced, and the influence of the different circumstances of its history is shown. By the Rev. John Wilson Croker, M.A., Fellow of the University, and Secretary of the British Museum.

LONDON: Printed by J. G. & J. H. Smith, Stationers, in the Strand, 1826.

Apoplexy is in many cases brought on by a hearty meal. Mr. Swedenborough of London, who published a new system of Religion, first was seized with this disease after a hearty meal. — The indirect debility which ensues a full meal has given rise to two vile practices to overcome it. — Drinking and smoking, they do something in receiving it. 2nd — The excessive nourishment thus conveyed to the system, disposes to palsy, Apoplexy, Hemorrhage, and in general all diseases of Plethora. — Its effects are varied according to labor or indolence, most in the latter, — They depend much also on the quality of the food, as it is more or less nourishing. — It is difficult to determine the precise quantity of food necessary for a healthy person till his necessity of food in supposing animal life has been ascertained. — 8th I suppose before observed would suffice for a healthy laboring man but for people not exposed much to labor or fatigue 4 or 5th will suffice. — It differs however very materially in different constitutions. — Ages — season of the Year. — Employment &c. — Quality too has a material influence on the quantity of

Food necessary. — less meat will be sufficient than Bread less bread than fruit. — less forinacia than ripe fruit. — According to Dr Chardin the Inhabitants of Persia in the Summer Seldom take every day 35 lb. of water milton without feeling any ill effects from it. — It may be considered as water in a solid form. — it passes off without affording much nourishment by the Urine and sweat. — Haller mentions cases of Persians living for weeks or even years on a few ounces of Aliment per day. — One who lived weeks upon two oz. but in this case the stimulus of food was rendered unnecessary by that of the disease operating very forcibly. — In the first mentioned case it appears that large quantities of drink was taken, now this might have washed off the acrimony of the fluids. — Which I shall hereafter say is produced by famine, and so have prevented want of appetite. — In the cases where water was not taken Haller thinks it was absorbed from the air, for he says a Girl in this case voided from 4 to 6 lb. of Urine a day and only drank 6 oz. of water. — In Persons who

who have been used to a certain quantity of food by weight or measure. — A small alteration in it either more or less, induces disease Lewis Carnaro who practiced this for sixty years during which time he eat but twelve oz. of food per day, and drank 12 oz. of drink. — He increased the food 2 oz. and drink 3 oz. he found he grew feevish and less healthy, but abstracting the over plus his health and good temper returned. — Disease however may be produced as well by a deficiency, as by excess of food. — The persons liable to disease from these sources, are of three classes. Children, Slaves and persons who entertain erroneous notions of Religion. — 1st Children suffer from milk at the breast, being in too small quantity. — This induces diarrhoea, Colic and Emaciation together with Dropsical swellings of the feet and legs, but at Boarding Schools those mercenary receptacles of fraud and tyranny. Mr. Wesley attributes his small stature and delicacy of frame to this cause. — I have been satisfied that in many

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The experiments of Redi show that people who
drink live longer without than those who
take no drink

many cases, disease in Children have been induced from this cause. - direct debility is induced by too little food. - 2nd Slaves, These suffer from the small quantity as well as the ill quality of the food they are furnished with. - their Aliment is not proportioned to their work. - Hence they are subject to weak Stomach and bowels, it also lessens their Venereal appetite and hence the unfruitfulness of their marriages. - In America I am happy to say these observations do not apply. - The Slaves in our Southern States are well Supplied with food as far as to quantity concerned, and they are of course healthy. - The quantity of food allowed to a gally Slave is 32 Oz. of vegetable food consisting of 26 Oz. of bread and 6 Oz. of Beans, they are generally weak in consequence of this. The weakness of the turks is owing to their scanty diet, they eat but 6 Oz. of Beans.

Mr. Volney tells us the slaves in Syria a part of the Turkish Empire eat no more than that.

4th The Abstinence from food is a part of

of almost every Religion. — This I formerly said was an unusefull institution and mentioned the reasons, but by some it has been carried to great extent. From speaking of the effects of too little food we are led to observe the morbid effects of famine. — It accumulates Excrements, produces pain in the Stomach distends the gall Bladder with bile, Banishes Sleep. — Excoriates the mouth renders the urine as well as the other secreted fluids Acid not excepting the milk, the breath is failed and acid. — Dr Franklin tells us the breath of Benjamin Lay was so facted and acid as to draw tears from his Eyes when conversing with him, after he had fasted a long time. Hemorrhages from the bowels, Stomach and nose next ensue. Joints are swelled and bled. Delirium and mania close the melancholly scene. — Hunger prompts men to devour substances, the most loathsome. — Mr Aspel in his narrative of the Ship Wreck on an Island opposite the Bay of the River St. Lawrence mentions that they were

he was a singular little man who attempted
to imitate our Saviour in fasting 40 days
he preached among the priests, but
was excommunicated from disorderly
waking

perhaps he makes more use of his usual
quantity of strength - this is more
probable for hunger from religious abstinence
where no exertions are requisite to obtain food
is attended with direct debility

were forced from hunger to make broth of an old pair of leather Breeches, which was greedily devoured, but is does more men have devoured their own flesh when prompted by hunger, - and women have devoured their own children. - It is a remarkable fact that hunger gives strength. - The Lion is much stronger when fasting, than when he has a full stomach. - He feeds on twenty pounds of meat a day and is uneasy if deprived of it. - It has the same effect on man, Hence it is said hunger breaks through stone walls. The Duke of Marlborough observed that the Scots Soldiers fight best when hungry. Lempriere says the turks when they want recruits prefer such men as have voracious appetites for this reason. - How does hunger produce strength? I answer by the Stimulus of the disease of food and life the effects of Fasting are devotions I shall mention here after. -

II We are next to speak of the morbid effects of arising from the Qualatity of Aliments. - Man was made to live on all kind, of food
as

as fish was probably the first animal food of man. We shall begin with the consideration of Fish. — Many Nations live exclusively on this diet. — Some from indolence as the Africans who from the Enervating of the Vertical Sun do not cultivate the ground — Others from necessity as the Inhabitants of Northern Climates, who can procure no other Subsistence, others a gain from Religious Scruples. — Fish affords less nourishment than any other Animal. — It lessens the venereal Appetite. — Hence the propriety of making it an article of diet in Monasteries and Nunneries &c. composes the diet of all the Catholic Countries. — The diseases from a diet wholly of Fish are Itch change of color in the Skin leprosy and malignant fever. It is remarkable that which feed on fish have their flesh tainted with the taste of those animals, and their fat is Rancid and fluid. — Those from the immoderate use of land animals are Itching of the skin — Diarrhoea — Dysentery — Malignant fever. — Hemorrhage.

Hemorrhages and scurvy. — That this last disease is produced by eating fresh animal meat is proved by a fact, related by Dr Morgan in Port Cumberland during the War. The Soldiers were forced to live entirely on Beef in consequence of which they all took the scurvy. — Animal food is now or less apt to produce these effects. —

This fact mitigates against an opinion mentioned in the Petersburg Memoirs that fresh meat cures the scurvy. —

Animal food is more or less apt to produce these effects; it is produced from carnivorous as well as Herbivorous Animals, also the quality of the food. — Thus fat pork is of the worst kind for these effects, it was probably on this account that pork was forbidden among the Jews. — And the heat of the climate of ancient Judea was well calculated to produce these effects. — In viewing the change which has taken within the two or three last centuries in the health of Europe. — We are surprised to find the

Some people in Canada, have lived years on
the meat of the buffalo, and that without
disuse of change —

A farmer in New Hampshire over worked an ox
killed him and sent his flesh to market
which produced a Dysentary of which 15
persons died. —

For an account of this I refer you to D^r
Robersons history of Charles the 5th —

to find the total disappearance of Leprosy
Elephantiasis and plague, and we can only ac-
count for this by the change of the diet of Eu-
ropeans brought on by Horticulture.

Two centuries ago there were many hundred
Hospitals in Europe purposely for the recepti-
tion of Patients with Elephantiasis and le-
prosy. — But the restoration of Learning
Religion and liberty, since the 16th Century
has produced a new Era in Europe with re-
spect to diet and vegetable food now con-
stitutes a considerable part Horticulture
and agriculture now form much of the em-
ployment of Europeans (see Robertson's his-
tory of Charles 5th).

Next of the diseases produced by vegetable
food.

Many Nations live almost exclusively
on Vegetable food. — The class of Cerealia
afford most nourishment. — They consist of
two parts chiefly Glutinous and oil. — They
approach nearest to animal food as their
Starch or Gluten resembles very much the
coagu-

The black merchants in China live on vegetable diet and bear the heat much better

coagulable Lymph of the blood. — Green vegetables
 fruits generally contain an acid which apt
 to corrode the teeth and produce a diarrhoea. — Ripe
 fruits produce flatulency diarrhoea Cholera. — The
 diseases brought on by a simple vegetable
 diet are universal weakness Dropsical an-
 ascerous swellings Dyspepsia, Dysentery, Hæm-
 orrhoids informs us, that this last disease was
 produced among the Soldiers of Xerxes army
 a vegetable diet. — 5th — A diminution of the
 venereal appetite. — Haller says he experi-
 enced this on his own Person. And Dr
 Stark in his experiments made the same ob-
 servation. — These effects were very common
 immediately after Dr. Cheney's Publication in
 England in which he recommended the use
 of vegetable diet. — Tho perhaps it may not
 be quite proper to introduce into Pathological
 Lectures the effects of vegetable diet on the
 mind. — I shall introduce them here as the
 most convenient place. —

They are first Demonstration in the ferocity
 of the passions — Dr. Arbuthnot mentions
 a case

a case of an - - - - - Man cured perfectly by
 a vegetable diet. - 2nd - It increases the vigor
 and activity of the mental powers. - Sir Isaac
 Newton lived wholly on a vegetable diet, with
 a few occasional Glasses of wine while he co-
 -mposed his celebrated work on optics. - 3rd -
 It lessens and prevents dreams. - Mr. Stewart
 the celebrated Pedestrian traveler told me he
 never dreamt while he lived on vegetable
 food and that as soon as he began to eat
 meat he began to dream. - There is a species
 of food neither of an animal or vegetable
 nature to wit. Milk, this is the food of a vast
 number of people when used by such as ha-
 -ve been used to eat animal food it produces
 Sickness at Stomach flatulency headache and
 Dyspepsia owing to its too feeble Stimulus. -
 Milk contains two substances Chylum, Butter
 and Cheese, the first appears to be a vegetable
 oil, the latter an animal substance. - The
 latter used in excess produces heart burn. -
 Costiveness and of the most indigestible Na-
 -ture has produced in some cases apoplexy.

Butter

Butter in excess produces Eruptions on the Skin.

There are besides these many circumstances in Aliment rendering it more or less unwholesome independently of quantity or quality.

These I shall briefly enumerate. — 1. — according as they are kept a long or short time, If they are dressed and eat too soon after they are killed they will be immediately indigestible, if on the other hand they be tainted they produce Disease Diarrhoea sickness &c.

If Raw or half cooked they are also hard of digestion. — fish if kept more than two or three days, is apt to produce bowel complaints. — When I was at Sea a Dolphin was caught and half of it cooked for the Cabin Passengers. — They perceived no ill effects from it. — The Sailors kept their haddock two or three days and when they eat it they were all affected with diarrhoea. — The same remark applies to lobsters and Crabs, oysters when eaten Raw or nearly warmed are easy of digestion but the same when hard roasted or fried are hard of digestion have produced fainting
Cholera

Cholera Syncope, and in some cases Asphyxia
 and Death, of this I have known three cases, two
 of them happened in this City. The third in
 Virginia. — Eggs too are most wholesome when
 soft boiled. — They are then easy of digestion
 but if they be hard boiled are very difficult. —
 Many diseases have arisen from the use of ve-
 getables tending to putrefaction. — Glusham
 notices this effect of Groin. — It is of impor-
 tance in an account of an Epidemic. —
 The preparation of food before it enters the Sto-
 mach influences the digestion and wholesom-
 ness; Imperfect Cooking has caused diseases
 frequently. — Bread half baked has produced
 Asphyxia and Apoplexy also toasted Cheese.
 2nd Imperfect Mastication called bolting has
 caused diseases and produces Dyspepsia. —
 It occurs from an absence of mind drinking
 health. — 3rd Aliments produce disease —
 when taken at too long intervals, the system
 as it were between the two extremes of deple-
 tion and Stimulus. — This is seen in mem-
 bers of Congress and others who have not been
 accustomed

accustomed to it are obliged to wait from eight o'clock in the morning till two or three or perhaps four in the Evening. - Their Stomachs often become disordered from that cause. - ^{the} The effects of food in excess are less injurious if followed by labour. - Divines talk of a time when the Earth shall spontaneously produce vegetables for the use of Man - If this time arrives I believe vegetable diet alone will be wholesom, but till then while labor must be used in acquiring subsistence, Animal food, I believe to be necessary for mans subsistence. ^{the} F. & All food produces more active effects after the System has become more excitable from fasting, the system then labors under direct debility and a small portion of food is then an active stimulus. - Hungry men are said to be Irritable. - Otway the Celebrated poet died from the excessive stimulus of a loaf of bread after he had fasted with a Poets hunger, he purchased a loaf of bread with a part of a guinea given him in charity and died in consequence of it. ~~~~~ Va =

Valetudinarians and convalescents suffer much from this cause. — They should never travel in stages as they will be obliged to wait a long time for their meals. — I never prescribe for a Chronic Complaint without ordering my patients to make five or six Meals instead of three or four.

Lecture 28th

5th A sudden transition from vegetable to an animal diet or from an animal to a vegetable diet, produces many bad effects in the system. Debility is first brought on, which disposes to violent diseases. The effects of sudden changes from an animal to a vegetable diet has an influence on health only when it is sudden, hence in small Pox I never prescribe vegetable diet till the first or second day after inoculation. The use of dieting in the small Pox is to weaken the heart and arteries and thereby render the system less liable to be effected by morbid action. One universal effect of living on vegetable diet suddenly is costiveness, this is seen in persons sent to jail where they are forced to live on vegetable diet. - Perhaps the distress of mind may contribute to this effect in such. - A very remarkable effect of this change of diet is mentioned in the Journal de Physique for 1760

Volume 28

1760 A person who had lived for 30 days on a small quantity of vegetable aliment became frantic at the expiration of that time fainting is often induced by the smell of animal food after having lived two months in the deserts of Arabia without eating any. — I once knew several members of a family who had been dieting for the small Pox eight days to faint on the smell of animal food. — The most dangerous relapses in violent fevers owing to this cause (an. food). Patients having lived on Slops and vegetable diet wholly should be very cautious in resembling animal food. — The Eruptions which come on after small Pox, I think might be prevented by abstinence from animal food. —

^{the} 6. disease is often induced by an improper mixture of Aliments in the Stomach, this is much lessened by habit but is a fruitful source of disease, many healthy people suffer from it but convalescents and invalids very much. — They should always dine almost exclusively on one dish. —

^{the} 7. Aliments produce disease from their temperature

temperative, either too hot or too cold several diseases result from too hot food. Maj^r. Reed Member of Congress for the State of Pennsylvania lost his life by a scirrhus of his Stomach brought on by eating Ice cream a Year before in N. York. ^{the} Novelty of food renders it unwholesome. This occurs too in fresh vegetables annually when first taken they induce sickness which goes off after they have been used some time. — The principal vegetables which excite sickness when first taken, are Mellons, cucumbers & Radishes, the Stomach feels as it were to have forgotten them, but is disposed soon to renew the acquaintance in some cases, they contrary of this induces disease having eaten too much of a certain Aliment, the Stomach is sickened and retains a vindictive remembrance of them in several cases for Years, producing when ever they are used, vomits, Cholic Syncope &c. &c. called surfits).

^{the} 9th diseases are often produced by Aliment laying weeks or Months undigested, cases of which are on record. Haller mentions a case where

where fat pork lay two Months on the Stomach undigested. — I know a Lady who eat about half an ounce of cheese which remained undigested and was discharged from the Stomach not till three days afterwards when it was not allowed by being there. — This fact shews us the necessity of enquiring for some time back in chronic complaints the diet &c. of our Patients as this cheese might have proved a remote cause of disease unsuspectedly. Haller relates many cases of the Indigestibility of food. — A peice of fat he says or membranous part of pork remained unaltered in the Stomach forty days. — Skin of lard two Years, Salt fish 14 days, common fish 7 days Berries 14 Years, — Cherries a long time he does not say how long, Grapes 7 Months, Prunes Nuts &c. a long time. —

^{the} W. & A. Aliments produce disease from the unvol-
 somness of the vessels, in which they were coo-
 ked. — The Metals, Copper and lead are the
 most injurious, — A celebrated German wr-
 iter has detected and published these pern-
 icious effects in a work entitled *De morte*
 in olla

in Olla— The custom of throwing coppers into Potts in which green vegetables are to be boiled is very injurious, it is done with a view of preserving their color green.— A hundred cases of colick might be mentioned from this cause, it is remarkable that in all these cases the first mouthfull of the vituals takes away the appetite.—

Since silver and Iron vessels have been introduced to culinary use disease from this cause is very much lessened when we find however a whole family affected from this this cause it will be proper to make enquiry into this circumstance— The late Dr Bond and his wife both died of a Gastrodenia brought on by this cause.—

12th. Aliments are unwholesome from certain unclean mixture in the vessels where they are cooked — 13th From certain animals having perished in them, thus I heard of a family being sickened from eating milk into which a spider had crept probably from certain excretions of the spider—
Calves

calves have been killed from eating spiders
 14. Aliments are unwholesome from the food
 used by the animals from which it is procured.
 15. Thus deer which feed on Laurel have
 produced disease in persons who have eaten
 of them. — While a student at Princeton
 College. — I knew a Diarrhoea produced in
 sixty students from eating a pot Pie in
 which Pheasants had been cooked, which
 eat of ~~poth~~ berries. — Aliment is more
 or less healthy, according to the salt it con-
 tains. — The reason why people who live
 in the country are less disposed to cholera
 is that they eat more salt meat than City-
 zens. — The disease which prevailed in
 1777 was owing entirely to the want of salt
 meat in the diet of the Soldiers, many of
 them were very much distressed for want
 of it. — It predisposed all of them to Ty-
 phus and dysentary. — Caunt —
 who traveled through our Middle and Sou-
 thern States was surprized to see the he-
 althiness of the children they were entire-
 ly

entirely free from Cholera. — It was entirely owing to their eating Salt meat. — They were tall free from bowel complaints and Eruptions, It might in part been owing to the vegetables they eat. — This remark applies particularly to Virginia and North Carolina. — It is to be wished our farmers would eat their Salt meat in warm weather, and their fresh meat in cold, as the former is particularly calculated for diseases of the Summer Months. — When used however in excess it produces scurvy. —

Lastly peculiar ^{Idiosyncrasies} ~~Idiosyncrasies~~ have an influence on the wholesomeness of Aliment. Thus in some persons fish produce, or very distressing complaints when taken it either through conformity to example or necessity. — They are sometimes Hereditary. — I knew a Lady who derived from her ancestors an Idiosyncrasy which rendered her remarkable to eat. —

— or Honey the latter proved as I Physicians to her — her Brother was affected with

in the same way. — It has been said that these Idiosyncrasys are produced by imitation but they are visible in children so young that they could not have observed or imitated it. —

We proceed next to treat of the diseases produced by Condiments — these are principally Salt, Vinegar, Mustard, Sugar and certain Spices. —

1st Salt this is the most universal condiment, a taste for it is universal among mankind, the soldiers in this country use instead of it the vegetable alkali in form of ashes. —

Salt is sometimes unwholesome from containing foreign matters, that salt is best which does not deliquesce in the air. — In middle latitudes the scurvy is generated by too great use of salt scurvy is not however generated generally by salt, unless it be taken by itself. — Vinegar in moderate quantity produces no ill effects, but in excess it produces phlegm, Costrodinia Dysentary, Gout &c. — there was a time when it was celebrated for reducing fat. This it does by inducing debility, hence it predisposes to inflammatory diseases? — Mustard in excess produces Spas-

Sparm in the Stomach and also Gastricdanis and
inflammatory Gout in the Stomach. — I formerly
hinted at the advantages Physicians would de-
rive from occasionally dining with their patients.
I thus detected the cause of two obstinate cases
proceeding from the immediate use of Mustard
one in a Gent. with violent Rheumatism the
other a Lady with — — — both were cured
by a relinquishment of this condement. —

In nothing are people more mistaken than with
respect to the quantity of food necessary for their
support. — Dr. Zimmerman in his account of
the King of Prussia, says that tho' he was the
greatest Glutton in the world, he did not
think he eat more than was merely necessary
to keep soul and body together. — Baron St-
uden says his Kitchen resembled an apothecary
Shop such was the number of his Spices con-
-diments Sauces &c. &c. He used to keep his
appetite from flagging by eating at Eleven
o'clock, a large — — — Pye by way of Relish
to his dinner. —

Sugar, This most nutritious and excellent food

food produces when used in excess, several distressing complaints. - Some by having been suffered with it are unable to bear the taste of any thing sweet with their food. - I know a Grocer who from tasting fifty or sixty samples of sugar and molasses was affected in this manner and rendered dyspeptic. - Hoffman relates a similar case, from a similar cause. - Mr. Baxter leaves a testimony against his mother for indulging him with a diet of sweet meats when a Boy. - Brown sugar and molasses Resin small quantity, also Honey are gently Purgative.

Spices. -

These all dispose more or less to dyspepsia in too great quantity. - A very curious disease is mentioned by Mr. - in his travels, Viz. A monstrous enlargement of the Testicles brought on by the Rich Inhabitants of Africa by the immoderate use of Cayenne pepper. - We should in the order of our Syllabus next proceed to heats of drinks as remote causes of disease, but between these and Aliment there appears

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appears two substances. — Tea and Coffee of an intermediate nature. — These substances have introduced a revaluation in diet and health. — The diseases dependant on these substances are owing entirely to their immoderate use. — Hysteria was said to be introduced by tea in lunatic life in Europe. — If so it is entirely from being drunk too strong. — In favour of this opinion we find that Kitchen maids who drink their Tea very strong are much exposed to these complaints. — Tea produces wakefulness, but where the system is brought by fatigue below the sleeping point Tea raises it and thus proves an anodyne. — Tea disposes when used immoderately to Gout in the Stomach, hence we find women much more affected than men with this complaint, also colic, headache Dyspepsia &c. — In men it is certainly preferable to ordent Spirits, which produces Arthritic Gout. — Tea Gout of the Stomach, Coffee like Tea is a gentle Stimulus and cordial but when used too strong produces Vertigo. — It exhi-
=cerates

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exhilarates the Spirits in a remarkable degree. —
 In this manner the plant was discovered. A Turk-
 ish Priest observing the effect it had on Goats
 thought proper to make some experiments on
 seed of the coffee, and it was soon used as an
 article of diet. — Linnaeus says it enfeebles
 the venereal ~~appetit~~ ^{appetite}. Hoffman has never
 observed it act in that way nor can I say I
 have made the observations. — A Vegetable by
 the name of — — — has been used in this
 city instead of coffee which has all its virtues
 without its ill effects. — Neither Tea nor coffee
 convey nourishment to the system, but by
 the cream or milk and sugar mixed with them
 I have else where observed the use of it in
 preventing the too great use of ardent Spi-
 rits. — In Europe the latter is much disused
 since coffee has been introduced. — The Por-
 ters and Sailors of London have in many in-
 stances preferred. — Coffee to ardent Spirits. —
 Perhaps it was originally intended as a
 step stone for man to discontinue from the
 use of ardent Spirits to the simple diet
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of nature. — However long some Animals can live without drink this is not the case with man; it is as necessary as food. — The drinks are Water, Wine, Beer, Cyder, Ardent Spirits. — Water is the wholesomest and original drink of man. — I shall begin with that. — it forms the drink of nine tenths of Mankind according to Haller. — It is the beverage of Nature, and is the proper drink of all animals. — Haller ascribed his good Sight which enabled him to see in his sixtith Year without Spectacles, till his use of water as drink till his 18 Year. — Poets as well as Physicians have born testimony in favour of water as the wholesomest drink. — Who would expect this fluid formed precisely for the Support of Animals should be the vehicle of disease to them? — Yet such is the fact; this it does in three ways
 1.st by its sensible qualities. — 2.nd by its being impregnated with certain unwholesome Mineral Substances. And 3.rd from its being taken in too large quantities. —
 1.st of its sensible qualities, here its first operation

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operation is upon the teeth exciting it either too hot or too cold, pain and inflammation which ends in Corruption. — This is perceived by persons from Southern Climates. — The Island of St. Kitts is the only Island in the West Indies where the Inhabitants have had teeth, and here it depends on the low temperature of the water which causes the teeth to rot. A celebrated dentist informed me that she extracted three teeth in the Summer to one in the Winter, owing to the greater difference in that season between the temperature of the Air and water rendering the teeth more sensible to the coldness of the latter, and to more of it being drunk in that season. — The effects of cold water in the stomach depends on the temperature of the body above the natural standard it produces pain consumption Hepatitis — Malignant fevers and gangrene, but more frequently sudden and violent convulsions or spasm of the Stomach violent pain and death, these symptoms occur frequently in hot Summers. — I knew twenty cases to have
 — pen

happen one Summer in this City. - It acts by
 abstracting the excitement of the system as
 sedative. - These effects have been much mo-
 re seldom since the directions were publish-
 ed by the Humane Society for the preventi-
 on of them. - Haller in crossing the Alps ex-
 perienceed from the cold Air of that place
 pain in the Stomach, Stupor and Digesti-
 on of mind, such as occurs frequently from
 drinking cold water. - These effects occur some
 times from water rendered cold from the salutation
 of Ice in it General Wayne in 1792 had near-
 ly lost his life by a bilious fever produced by
 drinking punch rendered very cold in this way
 The Indians avoid drinking cold water, hence
 they prefer drinking from the streams to the
 fountain head. - Water quenches thirst more
 readily if moderately warm, than if very cold
 this fact was communicated to me by an
 old House carpenter, who assured me he
 spoke from experience, that water stood in
 the Sun in hot weather sufficed in much
 smaller quantity than very cold water to
 allay

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alleged thirst. - This is to be explained by a draft of cold water obstructing Stimulus. - The heat acts on accumulated Excitability and produces fever one of whose Symptoms is thirst simple produces disease, if taken too warm, but not so much as Tea. - This produced dyspepsia in Barron, Haller at Leyden.

2nd - Water produces disease from containing certain foreign matters as Salts, metals, Earths and other impurities. - The contents of a Privy were found to transude through a clay soil to a well at the distance of twenty feet probably in sandy ground further, hence one cause of the unwholesomeness of City water. - To obviate this ill effect on our health Dr. Franklin bequeathed an handsome Legacy for bringing the water of Schuylkill through our City. - It may have some influence on our autumnal Epidemics, and be a remote cause of many diseases. - It is the business of Chemistry to point out the various combinations which render water unwholesome I shall only remark here that water flow-
ing

flowing over large beds of lime contracts purgative Properties. - Hence in all chronic bowel and Stomach complaints we ought to attend to the water our patients drink and get him to change it if convenient. - That water is purest which forms readily a lather with soap. -

3^d. Disease is produced from the excessive quality of water. - It is a bad practice to drink much water between meals. - Some persons have a worse one of taking it as soon as they rise in the morning and before they go to bed. - This habit originates in Intemperance and is pursued by Ignorance or Sycophancy, no one has need of it at those periods unless previously Intoxicated. - It disposes to Dyspepsia swelling of the Stomach and in general bowel complaints. I knew a very difficult and troublesome case of Tympanites brought on by drinking half a pint of cold water at a draught. -

Wine This is a very ancient drink. It contains

contains an Acid. - Ardent Spirits Saccharine matter must and water it is Stimulent and nourishing. - The morbid effects are, it increases the quickness of the pulse. - Intoxication. - There may be considered the acute effects. - The chronic are fat which I consider a disease. - Gout of the Arthritic Kind (confined to the Limbs) In Turkey the Gout is unknown as they use no wine there or ardent Spirits. It produces it more according to as the vegetable Acid abounds more or less in it. - hence Claret, Port, Burgundy most next Malaga, Lisbon, Sherry, Madeira contains least Acid and is of course less apt to produce Gout. - In the Island of Madeira the Gout is unknown and they consume annually 30.000 pipes of the Wine of that country there. - It loses its Acid as it approaches to maturity which is about the seventh year. - Wine taken alone is more hurtful than with food. - If taken three or four hours before meal it interrupts Digestion. -

Beer

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Beer This contains most ardent spirits tho' but little, and vegetable acid with water. It is difficult to become intoxicated with beer as the stomach rejects at the quantity necessary to introduce sufficiency of spirits to produce this effect. — The chronic morbid effects of beer are Gout, Gravel, Colic, Diarrhea, Palsy, Apoplexy. — Dr. Haller mentions that of an Hundred persons who used Beer in quantities, two only were affected with Gravelly complaints, but it has been supposed by some to engender calculus concretions, when it does it is from its superabundance of acid it contains Chemistry has taught us that an acid forms the basis of calculus concretions. —

Cyder.

This contains Saccharine matter, a small portion of Spirit much Acid much with a large proportion of water. — It is a wholesome drink for laboring people, but brings on Rheumatism and Gout

Gout in sedentary people. Dr. Franklin
 had the first fit of his Gout after drinking
 Cyder. — I have known a pain in the Limbs
 brought on by drinking Cyder, in two persons
 in both of whom a hot Iron plunged in-
 to it prevented the effects. — Neither of
 them a Brother or Sister could eat Apples
 without experiencing the same effects. —
 The Iron acts by mixing with obtunding
 the Acid. — The diseases produced by too gre-
 at use of any of the above liquors are su-
 ch as I spoke of from too cold waters. —
 Next the diseases from ardent spirits. —
 Had I an hundred tongues and each arm-
 ed with all the powers of ancient and m-
 odern Elegence the would be insufficient
 to describe in their proper colors the ev-
 ils introduced by these Baneful liquors
 like the infernal Spirits which entered
 the swine, they are in themselves a legi-
 on. — They make more ravages than a
 host or army upon the health and life of
 Man. — I shall Briefly enumerate the

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the diseases from their use. — They are sickness at stomach Puking. — treasurers — bloated countenance Enflamed Eyes Eruptions about the nose and face swelled legs and hands, hot facted breath hoarseness Rheumatism. — Idiotism Monia Epilepsy Palsy Apoplexy. — It is remarkable that drunkards held our services an attack of an Inflammatory disease attended with local affection. — The reason is that debility in the vessels from which they refuse to wait and Effusions are the consequence. — Drinking impairs the faculties of the mind especially the moral powers hence the deficiency of veracity integrity, charity and every other moral virtue in drunkards; it even derange the body after death and renders it an unwholesome additions to the clay. — Dissection shews it to harden the fibres of the stomach and produce Schirrus also the vessels are hardened and contracted predisposing to gangrene and abscesses. — The forces are hardened and Stagnated in the color

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color acquiring the form of strong concretions the Pleura and Arteries acquire a bony Nature the hair is made crisp and brittle, and breath is changed. - Haller relates the case of a drunkard who belched before the flame of a candle his breath took fire & he burnt with the explosion. Mr Webster in his account of Pestilential diseases mentions a case of a person in malignant fever where breath took fire by the flame of a candle. If such be the terrible effects we are naturally led to inquire into the causes which lead men to the habit of drinking this detestable liquor. - I shall endeavour briefly to relate them. The are first exposure to great heat, Cold &c. 2nd Hard labor. - 3rd Hunger which leads to the habit of taking draughts in the long interval between Meals. 4th Grief. 5th Debt. 6th Long speaking or talking, either in public declaiming or in Company which by wasting the saliva renders it necessary to moisten the whistle hence grog and today called for. -

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7th Company of drunkards by infection make dr-
unkards.

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9th Certain Medicines taken in Spirits as Hu-
xams tincture. This has made many a Man
a sot, also the antiphlogistics of the South
Carolinians and many similar Medicines ta-
ken in Spirits.

10th Fatigue in family Business and heeding
sickness. - Many men have become drunkards
from the fatigue of keeping School Anthony
Benezet prevented himself from falling
into this practice by coffee and Tea as I before
said. - Many people from famine have
become fond of strong drink, and many wo-
men have been innocently made to love Spi-
rits by taking it in breeding sickness to re-
lieve that, also to relieve Cholera. - It is
no less pleasing than singular that the use
of ardent Spirits so much lessened within
these twenty Years this revolution is no
less favourable to morals and Religion than
to

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to Science and Philosophy. - It is particularly the province of Physicians to bear testimony against this pernicious Custom as they see and know more of its Pernicious effects. It is a lucky circumstance that they votaries of Browns Theory have received a check in this Country. - Our Profession with all its advantages, if we were to practice from this Theory, would be a greater curse to mankind than the combined influence of War and Pestilence.

We will next speak of the influence of Dress as remote causes of disease. - Who would suppose the covering intended to hide the shame of our loss of Primal Innocence and protect us from the inclemency of the weather would act as a remote cause of disease? but it does this in three ways. 1st by its quantity being disproportionate to the Temperature of the air. - 2nd from Fashion. And 3rd from the quality being too light. - Pride is said never to be too hot or too cold. - hundred take sick from too thin clothing, to one from

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from too much. — The colds taken at Sea parties are owing to the thin clothing which is worn there. — Three fourths of our Autumnal fevers I believe to be owing to too light clothing, or bed clothes — The diseases from too heavy clothes, I have two cases of Haemoptisis thus brought on from too light clothing, the other is mentioned by Baerhaase of bloody Urine from too tight clothes, all the diseases from dress, as to quantity are for the want of accommodation to the weather. — I ride in a climate so variable as that of the united States, is the only reason.

2nd Fashion, these produce diseases from several causes. — I know a Lady who had a violent headache from leaving off her cushion. — Tight ligatures frequently cause disease. — Tight swaddling clothes and caps in children are the source of disease. — I knew a Gent. in this City who was affected with a Vertigo in consequence of buckling his shoes too tight and which he could always relieve by loosing it. — A certain German Prince remarkable for the Ruddy complexion of his

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of his Soldiers which he produced by making them wear tight neckclothes, destroyed a great part of his army, in so doing. — I suspect many disease are brought on by tight shirt collars, Neckclothes &c. —

It affects the brain in a remarkable manner I once knew a Young Lady faint away from too tight Stays immediately after dressing for an Evening Party. —

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Lecture 29th

Dress produces an alteration in the texture of the body. - Amasis King of Persia was in a field where many skulls of soldiers slain in battle were left he could distinguish from their hardness those of the Persians from the more soft ones of the Egyptians. - The use of turbans he supposed was the reason of the hardness of the skulls of the Persians. - I have to lament as the source of much disease, the absurd imitation which here prevails of the fashions of great Britain. - In the Spring the fashions prevail there, and last all the Summer they are then sent over to America, and of course we have them in the fall and winter, to which cold weather they are frequently very ill adapted. - Hence the Cushions, worn in Summer and bare Elbows of the Ladies in the Winter Hence too Gent. wear Puffs in the Summer In contemplating these absurdities we adapt
Dean

Dean Swifts definition of man that he is a Reasoning not a Reasonable Animal. - 3rd from its quality. This acts in two ways. 1st by the heat it retains and 2nd By the perspirables matter they preserve. - Sir Benj^m now Count Rumford has made experiments from which he concludes that Berdenon retains most heat far next the Bevers fur then wool in general. Next Scrapings of linnen or lint last fine linnen the closer they are prepared together the more heat they retain, and the less they transmit. - Linnen is generally worn for Shirts or Cotton but flannel is prefferable to either and for two reasons. - It does not suffer so much heat to escape and it never generates vermin by collection of perspiration they are of course more healthy, of this I have known several Instances. - The Soldiers at Ticonderage last war owed their escape from disease to their flannel Shirts (two other mentioned). It is remarkable that flannel retains heat even when wet. - The Romans I believe owed their good health to the use of flannel as

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as Shirts in their armies. — But tho' fashions and dress produce many diseases, there are many fashions which have been produced by disease. Thus hair powder was used first to prevent the deformity from "Plica Polonica" 2nd Patches on the face were used to hide pimples. — 3. — Puffs in Neckcloths were first used by the present Royal family of great Britain to conceal the deformity produced by scrophulous. Lastly Boots were invented in the Reign of Charles to hide the crucked legs of the rickety Nobility.

The next subject in orders as remote causes of disease is Poisons. These are substances

which when introduced into the system in small quantities destroy life if not counteracted in their operations. 1st Poisons is of a relative Nature entirely. There are none of our medicines indeed, no substance in Nature which will not produce Death in some animals under certain circumstances 2. because the poison of the Viper the most active

active perhaps we are acquainted with, produces
 no ill effects in the stomach or applied to
 a nerve or muscle but only when it is in con-
 tact with the blood. — 3^d. Poison is relative
 because it acts in proportion to the dose or
 quantity taken. — Thus opium is a useful
 medicine in a small, and most active poison
 in a large dose.

Poisons are either vegetable, Animal, Mine-
 ral or Aerial To describe the is the business
 of natural History. I shall merely mention
 them. — Animal Poisons of the Viper Rattle
 snake &c. act alike, the matter producing the
 Rabid disease of canine madness. — This I for-
 merly said, I believe to consist in the ex-
 cretions of those animals. — Many ~~insects~~
~~insects~~ insects produce disease from their
 bite which produces Local affection and
 brings the system into Sympathy produ-
 cing a general disease. The vegetable
 Poisons are very numerous, the most ac-
 tive of them are the henbane, Nightshade
 Monkshood, Dogmercury, Datore, Stramonium

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Stramonium or Thorn Apple Conium, macula-
 tura or Cicuta Major or common Hemlock of
 lines the Cicuta aquatica, the Lauro Cerajuse
 or common Laurel Bush. They all induce gr-
 adual Death, but not act Instantly. —
 Others less fatal as the Digitalis purple or
 Foxglove or Phytolacca, Decandia or Loke
 berries of this country or Frago — — — —
 or Buck wheat when cut green before it
 seeds is of a poisonous nature, some of the
 vegetable Poisons act on the skin and
 and are not otherwise hurtful as the coahai
 nut of Barbades. — Also The wild vine of our
 country, this last acts by its effluvia. The
 Principal Mineral Poisons are the pre-
 parations of lead Arsenic and copper. —
 also Mercury and some other metals are
 pernicious to some, and Medicinal to oth-
 ers. — The Aerial Poisons are the differ-
 ent Gases excepting Pure Air and Naphtha
 and Samiella winds. — of the gases fixed Air
 and Aerial Acid is most common Poison.
 my business here is to enquire how they
 act

act in producing death. - Some have supposed they act by distending the vital principal, without telling us what this is or where it resides - Some by annihilating the muscular fibre but I explain their actions by supposing them to act by inducing an incapacity of certain parts to perform actions necessary to life. - I suppose them act specifically upon the different Systems. - Some arterial, and some the nervous system. 1st Some act specifically on the mind, but these are seldom fatal. - I formerly mentioned that Kemperfer drank a liquor in Persia which they called Pagarrum that took away his reason for a day and that after the most delightful Consations of intoxication he was unable the next day to recollect a single Be or action of the time. - 2nd Some act principally on the Brain inducing Death, and some act on the Brain through the medium of the Stomach, as Pink Root and
Stramon.

Stramonium. — 3^d Many act principally on the nervous System. — 4th Some act principally on the muscular System inducing Palsy without Death as lead after kill through the intermedium of convulsive action in form of Tetanus. — as Fle-mlock. — Dropwort and the Datura Stramonium. — 5th Some act principally on the blood vessels and deprive of life by that way as Poison of the Viper, this is the most sudden mode of destroying life. The Abbe Fontana has observed that unless blood comes, it cannot act and no ill effects result with the Poison of the Viper. — In the small Pox some thing like this is observable however some facts make it probable that the contagion of the small Pox may be received by rubbing the Variolous matter on the Soles of the feet. 6th Some act principally on the Lymphatic System producing effusion and dropsy thirst &c. — 7th Some few act principally on the skin and throat and thro' their medium

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medium on the system as the Cochlear nut and
Poison vine. 8th - some act principally on
the stomach and bowels exciting vomit-
ing and Purging, and these discharge them-
selves. - others as I observed act on the brain
and nerves through the medium of the stom-
ach the 2nd 3rd ~~4th~~ or even all the system
at once, the muscles, Brain, nerves, Heart
Blood vessels skin &c. by their excess of
stimulus they destroy life while in small-
er quantity, They induce inflammation
and convulsion as opium, contagion mi-
asmatia of the Fever and Plague lastly some
act specifically on the lungs as the Aerial
Poisons thus the aerial acid acts on the
lungs as a most deadly Poison but in the
stomach is a very useful medicine. - The
question we are now to consider, is how
are these effects and death produced. - I
answer by inducing a sudden or Partial in-
-ability in the parts to perform or trans-
-mit the motions of life. - For as I before
said in smaller degree Inflammation
and

and convulsions are excited. - If this be insufficient I will mention an other Theory which has many Analogies out of the body that they act in destroying these motions peculiar to life in the same manner as we find wax Sallow and certain other substances destroy the sounds or Musical tones Particular to a Violin or as a tight string prevents sound from a Bell. - Many other chemical and mechanical affinities seem to bear analogy to it. Brass and combination of copper and Zinc does not possess the extensive power or malleability of copper. - - - - -
 A decayed tooth will sometimes enable deaf persons to hear.

Mercury thus destroys the malleability of Gold.

But 3rd If this will not do I can believe it may mix with the blood and alter it to a powerful Stimulus ^{with the blood} on these Vessels - I can readily and produce death, from excessive Stimulus on these vessels. - I can readily conceive they may act in either or all of these three ways, as remote causes of fever inducing debility. -
 1st - they

1st They produce excessive morbid excitement as
 other Stimuli. — By effusion into parts neces-
 sary to life. or 3rd By changing the proper-
 ties of the fluids. —

In Government we believe the live —
 — — — to exist in the people, all are erro-
 rs in Government proved from an Ignorance
 of this. —

By denying life to be a forced State and thus
 mistaking the effect for the cause we commit
 Idolatry in medicine like the — — — Poor
 Indian whose untutored Mind "Sees God in
 clouds and hears him in the winds"

A question very frequently asked is ~~are there~~ any
 slow Poisons which are a very long time in
 destroying life? Such as it is said the negroes
 of the Southern Climates use to destroy their
 masters? This I formerly doubted, but I now
 believe it to be possible that certain substances
 may have an action in inducing a slow fever
 which

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which will be a great while in the system before it kills, and thus I believe they may act as Slow Poisons, waste the body and thus at length extinguish life. - The difference in the continuance of fevers authorizes this opinion, - Yellow fever sometimes terminates very soon and after runs on to a great length of time We come next to speak of Worms as remote causes of diseases.

These living Creators have been found in various parts of the body. - 1st In the liver Dr Bond of London has related a case of worms found here in his medical observations - 2nd In the Urinary bladder, worms of a red colour about an Inch long, they give no pain and excite no disease (on account of these may be seen in Descriptive Medical Transactions Vol 1st -) 3rd In the Throat an instance of this I have known in a sea Capt. ^{who} usually discharged them by a hacking or cough. - They were of a black color a very small. A similar case I have not heard of, Mr Andrew does not mention one

4th In the Frontal Maxillary sinuses as, often
 Death, a worm was discharged from the frontal
 sinus, which had been snuffed then six months
 before very small from a Race. — The account
 may be seen in the transactions of the College
 of Physicians. — 5th Worms have been found
 in the brain after death whether they existed
 here previously doubted. But 6th they are most
 commonly found in the Alimentary Canal.
 The worms found here are of three different
 species, the lumbricales or round worms, the
 Tenia or tape worm and the Ascarides or long
 worms, according to Linnaeus the long worm is of
 the same species of the common Earth worm.
 Tho' Dr Reed says they are different, it is cer-
 tain that they propagate their species in the
 same manner, and are destroyed by the same
 things. — The tape worm is flatish composed
 of many joints each possessed of the power of
 action in it self, but all forming one ani-
 mal. — Of the Ascarides Baglivi mentions
 an instance thirty feet long — I have seen
 worms nearly as long — How are they formed
 or how

or how do they get into the Intestines? I answer
 by seeds taken in with our aliment or by our mo-
 -thers milk. - Some have asserted that they ex-
 -ist before birth in the fatus. - I think in these
 cases they come from the liquor in which the
 child is situated. - They are of very equivocal
 generation from their universality of their ex-
 -istence in the Intestines. I have been led to
 believe, that they exist necessarily, I am so
 satisfied of this fact, that I believe disease af-
 -ter arises from their absence. - I speak of the
 Lumbricales the others are intruders. - The round
 and worms produce disease only from their excess-
 -ive quantity or wandering from ^{one} place to an-
 -other. - These diseases seldom affect the Arter-
 -ial System. - The Alimentary Canal and
 Nervous System being only effected. - So
 that I do not believe an Idiopathic worm
 fever, to be ever produced. - I do not however
 suppose them the less formidable on that ac-
 -count, I suspect their presence in all chro-
 -nic cases of Children, as I do Goat in high
 livers or Calamities in women, I am much
 pleased

1799
The first of the year was a very dry one, and the
crops were much injured. The wheat was
very small, and the corn was not
so good as in former years. The
cattle and sheep were much
distressed, and many of them
died. The farmers were much
distressed, and many of them
were obliged to sell their
cattle and sheep at a low
price. The year was a very
difficult one for the farmers.
The crops were much injured,
and the cattle and sheep were
much distressed. The farmers
were much distressed, and many
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The year was a very difficult
one for the farmers.

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(1790)

pleased in finding Dr Wm Hunter to have held
the opinion in Europe and other practitioners. +
The anomalous Substances found in the Elementary
canal are numerous, but they do not produce
disease so frequently as we might be induced to
suspect. — Cherry Stones and those of other fru-
its are often swallowed, and some times pro-
duce death. — I thus I have known two cases
from the Cherry stones. They prevent digestion
Dr Hunter used to shew to his class an Eso-
phagus into which an English Shilling had
been introduced which prevented Respiration
and the patient died. — A copper coin has been
known to produce Nausea and vomit-
ing in the Stomach probably from corrosion
there. — I knew a case of a boy which I was
told a nail. — A purging came on and it
was discharged. — 2^d Many substances get
introduced into the lungs. — I knew a water-
millon seed which had got there and was
roughed up enlarged and softened. — Persons
which work in flax or meal, frequently
get these substances into their lungs and
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experience no pain, this you will not be surprised at, when you recollect the diminution of sensibility in the lungs as we grow older. The Lungs serve as an outlet to the System to every assail from that quarter. — Buttons, grains of Coffee &c. are often thrust by children up their noses. — They excite inflammation and sometimes are discharged by the increased flow of mucus. — They dispose to Polypi and inflammation. — Pins and Needles are sometimes introduced into the body, through the skin, and that without giving much pain I think they are commonly introduced in the state of Sleep when the System is less sensible, as patients never recollect how they were placed thus, they continue and work their way along to different parts of the body. — Mr Boyle mentions cases of this kind. — Once occurred in this City in the son of Mr. R. Morris. — An Ulcer in the groin of long standing was suddenly cured by extraction of a pin, which appeared there. — Cases have occurred of similar facts in the
 Vagina

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(1772)

Vagina of women. - Wounds of with Splinters
and nails often produce Tetanus from want
of Inflammation which may be relieved by
exciting inflammation. - I have known a
case in which monia was excited from the
inducement of a Shot to work their way through
the skin of the foot of a cat who had received
the load from a Gun, When a boy at School
every few months for near twenty years he
was seized with monia, and one of the Shot
or more would be seen introducing through
the foot his monia was relieved by cutting
it out. - Not only Shot but powder has
been found in the flesh a long time after
it was received. The Duke of Sully who
lived in the time of Henry the fourth says
powder was extracted from his neck which
he had received in a wound twenty Eight ye-
ars before and what was very remarkable
flushed as tho it had been just made. -
The Anasalous Substances which are
applied to the external parts of the body are
Pomatum and paint, the former produces
headache

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headache the latter nervous diseases.

Diseases arise from the retention of certain Excretions, as the Urine Faeces perspirable matter and bile.

In general one Stool is necessary in a day for a healthy man, but this admits of very great variation in good health - some go days and weeks without a Stool, while others have two or three Stools a day. - I know a case of a Sailor who went to Lisbon and back without a Stool. But I have a fact still more extraordinary, a man in New Jersey who has been fifteen years without a Stool. He vomits up his food in a few hours after it is taken and is sufficiently nourished. We explain these facts by assigning to the Lymph Crotics the office of urine which was formerly done, and by the increase of other excretions. - Diseases arising from the Retention of the Faeces are. 1st Headache from the pressure of the Faeces upon the Aorta - 2nd Piles from the pressure on the hemorrhoidal veins. - 3rd

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3rd Cholera fever the acrimony of the faeces is from its distending the intestines and producing spasm. 4th Inflammation and increase of discharge from the bowels in some cases. 5th It causes a suppression of urine by pressing on the kidneys and ureters. 6th By producing Ruptures Inguinal umbilical and Scrotal. 7th In children fevers are often produced. It has been said that persons are most likely to attain Languidity who have the discharge from their bowels Regular however accurate this observation is I cannot determine Haller attributes the Languidity of birds to the Regularity and frequency of their stools. 2nd diseases from Retention of Urine are Pain in effectual efforts to pass urine - Distention of the bladder Tenesmus Delirium, Sickness Hiccough and death.

3rd An hundred diseases were formerly thought to be owing to suppression of Perspiration but I have else where observed it never induces diseases unless the System is debilitated. - The diseases then produced are a res-
-citade

[illegible]

Lascitude pain in the limbs sneezing and a dry
 skin 3^d - Cough 4th - Diarrhoea and Eruptions on the
 nose. - Fever and increase of the discharge from
 Sores and sores, and if pain existed previously
 a Return of it.

4th - Diseases from an obstruction of bile are
 an uneasy Sensation in the Stomach. - White
 Stools, Costiveness. - 2^d - when the bile is ob-
 sorbed Jaundice and Itching from the diffu-
 sion of the bile - 3^d - want of excitability by Stimu-
 li in the bowels, or rather of activity as the
 Faeces &c. 4th Schirrus Liver. - 5th - Dropsy
 6th - False vision all objects appearing Green
 or Yellow. - These observations arise first from
 Spasm in the gall bladder and Duct. -

2^d - From gall Stains, these are concretions
 of an oily nature found in the gall bladder
 which are inflammable burning like Spermaci-
 -ti or 3^d - from a certain degree of Tenacity
 or viscosity in the bile as occurs in Yellow
 fever, which so thick as to cover the duode-
 num with a coat of bile -

5th - Can then any disease arise from obstruc-
 -tion

1176

Obstruction of the semen? It answers not when
it unaccompanied with disease. - It is a Sym-
ptom of many diseases, and then does mis-
chief giving rise to Melancholy Epilepsy
Mania, Priapism, with great pain in vol-
untary Emission in Sleep.

This is the most proper place to mention the
diseases from a suppression of menses. -
They occur in two States of the System. - 1st -
In an Acute State they are fever Hysteria Dis-
pepsia and Delirium. - 2^d - In a Chronic de-
bilitated States of the System, they then are
Hysteria Hypochondriasis, Hemoptoeis
Fluor, Albus, Dropsy, wasteness of the body
without apparent cause these occasion a St-
ate of Atrophy.

We proceed next to treat of the diseases pro-
duced by too much motion and Rest. - This
shall be considered at various tomorrow
Lectures.

1771

Lecture 30th

The effects of too much motion are in the first place Indirect debility, that of too much rest direct debility, of course the diseases arising from these two predispositions. —

Man was made to be active and for want of proper exercise becomes unhealthy. —

The curse pronounced on Adam to earn his Bread with the sweat of his brow" was a blessing in disguise, It prevented him from disease and from falling into vice. —

Women are much better calculated for sedentary lives and experience much less evil from these than men. — Hence we find among the Ancient Romans, all their sedentary employments, as for instance, Tayloring were performed by women. —

Diseases from too much Sleep are many it induces direct debility Torpor and Idiocy.

Dr. Baerhau relates the case of a German
Phy=

Bellevue

The object of the present work is to give a
concise and accurate history of the
United States, from the first settlement
to the present time. It is intended for
the use of schools and libraries, and
will be found to contain all the
important facts and events of
our history, in a clear and
interesting manner. The work is
divided into three parts, the first
containing the history of the
original colonies, the second
the history of the United States
from 1776 to 1864, and the third
the history of the United States
from 1864 to the present time.

Physician who supposed Sleep to be the natural state of man; he slept so much as to destroy all the faculties of his mind, and he finally died an Idiot in a mad house. - Few people as I have before observed have occasion for more than six or seven hours ^{of} Sleep. - Many enjoy good health and attain to Longevity who sleep less than this in twenty four hours. Wakefulness is a Relative term, merely the absence of Sleep. - The want of Sleep is obviated by many Stimuli. - The French army are said to have gone three nights without sleep in Nov. 1792 before the battle of Mons was fought. Here the Stimulus of the desire of liberty and fame supplied the place of Sleep. Gamblers frequently set at cards tables whole nights for whole nights without Sleep, here the Stimulus of various supplies the place of sleep, and keeps the System above the sleeping point. * causes of weakness wakefulness are Grief, Care, Fear, Losses of Property too heavy supper, or where there is want of supper, also cold feet. - Light or if this is usual

* Vide Gooch for a case of a Spaniard who lived
thirty years without sleeping +

usual darkness, noises but above all fever
 The wakefulness from this last cause is very
 frequent - Cornplanter, a Celebrated Indian
 Chief takes notice of this in a letter written
 in answer to general Washington on the 20 of
 Decr. 1796 your Speech written on the great pa-
 per (said this great sachem) is to us like the
 first light of the morning Sun to a sick
 man whose pulse beats strong in its temples
 and prevents his sleep. - he sees it and re-
 joices but is not eased. - Wakefulness
 when preternatural increases the appetite.
 It is either Idiopathic^{or} Sympathetic. - The re-
 medies must be different in these two States. -
 We are now arrived to an important part
 of our Pathology. - The Influence of the
 undue exercise of the faculties of the mind
 on Health and of the venereal appetite
 They act by inducing debility. - It is of
 no consequence here to enquire into the
 materiality or immateriality of the mind
 as the advocates for both these opinions
 allow that the mind and body act reciprocally

reciprocally on each other and that is all we wish to know.

The undue exercise of the faculties of the mind produces an increase or diminution in the actions of the Morain. - 1st of the Under-
standing This in its operation involves the memory thinking is a Stimulus it produces quickness in the pulse and in the secretions when too long continued like other Stimuli it debilitates weakens the brain inducing madness and Fatuity, acts on the nerves producing Hypochondriasis on the bowels and stomach producing Dyspepsia or Indigestion and constipation. - It weakens the Faculties especially of seeing and hearing, it acts more or less powerfully, as it is accompanied by the following circumstances. 1st with a sedentary and solitary life. - 2nd by midnight studies, here the abstraction of daylight and perhaps certain effluvia from the lamp or candle which are unwholesome contribute to render it injurious. - 3rd it is

3^d - It is increased by Hereditary Predispo-
 sitions to decrease. 4th by Strong Passions
 of the mind. - 5th - The nature of the Studies
 influence it whether or not they be capa-
 ble of demonstration, the less capable
 of demonstration the injuries to health
 6th - It differs as to the Age of the person. -
 The dead Language and grammar totally unfit
 for children. - - - - and Natural History are
 adapted to the capacities of Boys under twelve
 years, after the art of imitation Speech &c.
 7th - The exercise of the mind understanding
 influence health. - According as it is exercised
 more or less suddenly, hence in Persons who have
 been released from prisons it frequently does
 harm, the diseases produced by it are principally
 maniacal they are much less frequent since
 Knowledge derived from observation has been
 preferred to learning derived from books. -
 No one ever lost his health by study who was
 not of a dull capacity or else he has studied
 subjects of no real utility. -
 Are there no diseases which arise from a want
 of

(182)

of activity in the understanding, none because
the influence of the Passions always supplies
to the system, this deficiency of Stimulus.
The Passions act greater vigor in Reverse Ratio
to the understanding, thus a good Mathematici-
-an is seldom an irascible or passionate man.
Next to the morbid influence of the Passions on
the body. - They act either as Stimuli or se-
-datives, thus hope as a Stimulus. - Dispair
which is the absence of hope as a sedative.
I have compared them to heat and cold, the
former as a Stimulent, the latter as a sedative
The Stimulent Passions are Love, anger, hope
Malice, Revenge, Courage, Joy and Avarice.
The sedative Passions, are Grief, Fear, Dispair
Shame; Some appear to be of a mixed nature
partaking of both. - Such are hope mixed
with fear, desire of life with fear of losing
it to tenor. - Love with fear of losing the belo-
-ved object. Mortification with shame and
angor &c. In attending to the influence of the
Passions we might distinguish between and
emotions. - The Passions are accompanied
with

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with desire or ardent emotions are not as joy
anger and the like.

Love This passion acts differently according
as it is continued with hope or fear. - Its influ-
ence on the body when moderate are silence
or else talkativeness, wakefulness and Love
of solitude. - When unsuccessfull it pro-
duces fever, Indigestion. Madness. Hypo-
chondriasis and Weakness.

It is remarkable that desire acts very pow-
erfully on the debility induced by love.

Hence Dr. Gregory's advice to his Daughters
was just and proper. - If any Gent. courted
them and whose addresses were disagreeable, to
reject him in so firm and decided a man-
ner as to leave not the least spark of hope at
any future time.

Joy. It is a most powerful Stimulus pro-
ducing in many cases Syncope and death
from its excess. Hence good News should be
imparted gradually. - When excessive, it pro-
duces - - - - - voice and flow of tears. -

Mr Bruce has described a new Symptom
of

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of excessive joy which is Thirst. This he experienced in a most powerful ~~manner~~ degree when he discovered his long sought for Source of the Nile. - Joy from the sudden unexpected acquisition of wealth has produced Monia. -

Haglor mentioned to Dr. Mead that several cases to him from the immense Riches occasioned by a few Individuals by the South Sea Bubble of 1720 a young Man in New York was seized with monia from a handsome fortune which he suddenly made during the Scripps Mania in this City he died of it worth forty pound a Year. Political Joy acts most powerfully, it has occasioned Sudden death in many cases. - Neale in his history of the - - - - - tans relates cases of it. - Hume in history of England has several. - I know an instance of it in this City. - An Old Doorkeeper to the continental Congress during the Revolution. (Mr. Nais) expired suddenly of joy on hearing the capitulation of Lord Cornwallis. - When joy induces death, it is by indirect debility in the Brain and

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and nerves, many instances are on record of suicide from a high tide of joy. - Mr. Mallen-
 neux committed suicide soon after having
 acquired a very large estate, he left as his
 reason that he was tired of buckling and un-
 buckling his shoes. - The Son of the Duke
 of Queensburg killed himself after he had
 allowed the summit of his wishes in the ac-
 quisition of a lovely Wife. - Lord Canbury
 hung himself immediately after he re-
 ceived the appointment of Governor of New
 York. Two persons in London immediately
 after they had drawn high prizes in lotteries.
 Joy acts with much greater force when the ex-
 citability has been previously accumulated
 by fear. The Indian Chief Logan declared
 no joy so great as the joy of fear. - An officer
 in the Army last War, declared last to me
 he never felt such joy as at the time when
 the Hessians laid down their arms at Trin-
 iton in December 1776. he did not think then
 that this declaration was a confession of
 previous fear.

Anger

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Anger.

This passion was implanted in us for wise and useful purposes; its excess is forbidden by Scripture - "Be angry but sin not" and let not the sun go down upon thy wrath! - It is a powerful Stimulus determining blood to the brain and heat, hence it causes turgescence and red color in the face, also in many cases bleeding from the nose. - Increased flow of Saliva. - Increased excretion of bile foaming at the mouth, great variability or total inability to speak. Stamping of the feet agitation of the limbs clenching of the fists convulsions uncommon strength of body. - Hysterical Abortions Epilepsies, Apoplexy and death. I have seen two instances of death, from excess of anger one in an old Shoemaker enraged at the boys filling his cabin with tobacco through the Key hole he pursued them and dropped dead in the Street. - The other an old Minister who died of anger complaining to a tax-gatherer of the Enormous Sum he had during the

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The Revolution (a great tory. — When anger is combined with fear it produces paleness Tremor, Sickneſs at Stomach, Luking of bile quick and intercepted breathings Syncope Asphyxia and Death. — Grief. This paſſion frequently enters the limits of our Profeſſion. and it is neceſſary to underſtand it. — The effects of Sudden Grief on the System are Syncope, asphyxia, Slow fever. Catalepsy Hypochondriosis Moria and Death. — The heart after death from this cauſe is found affected Diſſolution ſhews us the Auricles and Ventricles ruptured and congestion and inflammation frequently in the Auricles. Grief frequently changes, Hyſteriu into Hypochondriosis, in thoſe ſubjects to the former. This is accounted for readily from its proximate cauſe. —

When Grief is moderate Fear flows but in exceſſive Grief, this does not take place Hiſtory furniſhes us with a pathetic example in the ſtory of Samsies King of Hairs Syria taken captive himſelf
daughter

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Daughter and Son & Servants by Cambyses King of Persia. — He saw his daughter in the capacity of a servant sent to draw water. — His sight drew tears from the Eyes of all the attendants of Samnensis he alone remained unmoved. — Immediately after he saw his Son taken away to be executed he remained alike unmoved, and beheld without a tear, but when he saw one of his servants taken captive with him, he burst into tears, how are we to account for this curious fact? I suppose there is a certain point in the system, call it the weeping point, at which tears will flow — when the system is reduced by excessive grief, below that tears refuse to flow as in Samnensis. — When on the other hand the grief is not sufficient to reduce the system to this point of debility no tears flow. — The same thing occurs here as in Sleep. — When Samnensis saw his Son executed, his Grief had reduced him below the weeping point. The sight of his servant was a Stimulus just

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just sufficient to raise it to that point at which Tears flow. - Sleep is produced by deep Grief as a mother losing a Son Sleeps sound. - Here grief reduces the system to the sleeping point, when it is more excessive it reduces the System below the sleeping point and obstinate wakefulness ensues. -

Fear.

This passion was given us for useful purposes to guard us against the many evils dangers with which our world abounds. - It produces diseases when there is no real evil to be feared. - Its morbid effects are paleness, Tremors, Diarrhea, quickened pulse and respiration Short cough and Thirst, Globus Hystericus, involuntary discharge of Urine and Faeces, pale Urine, Diarrhea faltering voice, convulsion, Asphyxia, madness and Death. Also some time Amnesia and Epilepsy, Thirst is so common a Symptom of Fear. - That the first Cry of Soldiers after a defeat, is Water Water! -

Venerial

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Venerical and Gout pains are frequently counteracted through fear. — I expect that in Cancers, fear is often converted into determining debility to a particular part. Fear is much increased in talking about it; two Boys will pass a burning ground at night with tolerable courage, if they converse on other topics on the way.

Hypochondriac pains are much increased by talking of them. — This gives us an important hint not to be too much minute in our enquires, respecting any particular Symptoms of our Patients, as they frequently become alarmed, and fear they are worse than they really are. The singular effect of Fear in the hair in giving it a perpendicular direction as described by Vergil and Shakespeare is too well known to need being repeated.

But it has a second operation on the hair changing it to a white colour. — I heard of one case in which the hair was

was turned completely white by fear in one
 night. Dr. Gluck mentions that when
 in Portugal, he spoke to a Gentleman
 whose hair was turned white by a fright
 at the dreadful Earthquake which swallowed
 up the great City Lisbon in 1755 - The Influence
 of fear on the mind is no less remarkable. -
 It suspends or depares all the other Passions.
 a panic Struck Soldier will not turn back to the
 field of Battle to save a fellow Soldier, and will
 have his brother to his fate without making a
 simple effort to Save him. - Nay it even
 destroys the desire of life itself. - The Chinese
 Soldiers in a defeat throw themselves into
 the River and drown to avoid the swords of
 their Sarter Enemies. - Its effects are more
 violent according as it is accompanied with
 Shame Debt or Guilt. I knew two persons
 fall down when detected in the act of Stea-
 ling the one with convulsion, the other
 with fainting, and was only relieved by
 Leg^d Loud. The fact mentioned by St Paul
 (or Peter) respecting the death of Ananias may
 be

be readily explained by Physical principles from what has been said, and the prediction of Peter, respecting the fall of Sapphira his wife also, and not to any vindictive Spirit as has been urged in opposition to the Benevolence to Christianity. - Fear acts on the nerves inducing debility. - Fear accumulates the excitability. - The other Passions act then with undoubted force. - Hence we find cowards frequently perform the bravest actions, it gives them strength, but like the actions in fever, they are of convulsive and morbid nature.

ENVY.

This acts like a perpetual blister or Issue. - Lord Baron has justly observed of it "it knows no holidays. - I suspect many of the diseases of high life arise from this source where they are not suspected. - like Ambition it is an inflammatory fever of the mind. - Diseases do not arise from the gratification of them but when they are disap-

disappointed of the object of their Pursuits
and the mortification attending on it. A Sw-
edish minister died of a Cholick brought on
by his being disgraced. - A late traveler
through Italy tells us it is a common thing
for two or three Cardinals to die of vexation
at the Election of Pope. -

Avarice.

In considering the diseases from this
passion, it is necessary to form a scale.
The first place to be occupied are the se-
=ale by what we wish to take from the
world generally the second from our country
third from our Neighbors. - Next from re-
=mote Relations. - Next Servants. Next
Wife last but one our Children, and
last of all our own dear Self. Avarice
produces disease only where it is di-
=rected against the person himself. -
They sometimes almost starve to de-
=ath. - A former Arch Bishop of Can-
terbury was said to have died in debt
to his

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to his back and belly. Here lies his Grace
in Cold clay clad, who died for want of what
he had. - Cases of disease occur also where
it is robbed of the object of its affection
and deprived of getting it. - Thus the
loss of many produces dyspepsia -
Hypochondriasis Moria and Death
During my apprenticeship I well recollect
a man who was rendered mad and Lunatic and
in the Penn. Hospital from having re-
nted on a long lease a house immedi-
ately after which Rents Rose conside-
rable.

Without the knowledge of the Passions
in the simple and combined state and
their influence on the system, we shall
often be much at a loss in prescribing
for disease.

We should proceed next to speak of
the diseases from an improper use of
the venereal appetite. - This passion
is never productive of disease when
used as prescribed by - - - - - and Religi-
ous

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Religion - diseases arise from its being indulged too early in Life -

2nd Its excess in old men is very unhealthy. They seldom violate the marriage vow till after fifty or sixty. No disease results if the parties are of equal ages when this is not the case they expiate their folly with their lives. - At the age of fifty there appears an increase of venereal excitability. Obscene conversation most common after that period. - 3rd It is after increased by absence conversation. - Books and prints, these last, these last are very common after that period in the chambers of people in high life also Snuff Boxes &c. -

Cantharides are frequently used for the purpose of creating or increasing Venereal appetite. - The master of the ceremonies at Bath died of a Priapism thus induced and it is privately whispered that the late Emperor of Germany Died in the same manner! - I may here mention the Baneful Vice of Ananism. - This is usually acquired at boy-
-ding

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boarding Schools. - The diseases produced by this are ~~the~~ an indisposition to Matrimony and some of the most distressing sensations of body and mind, for an account of this I refer you to (D^r. - - - - - work before quoted also to Tissot's Treatise on Onanism. - It produces dyspepsia, loss of memory, Consumption, Epilepsy, Gonorhoea, involuntary discharge of semen and impotency. - I will read you a letter I received from D^r. - - - of Massachusetts. This letter contains a case of furor Peninus brought on by Onanism. The patient a Married Man of twenty five years of age, an involuntary discharge emission of semen six or seven times a day around he wished D^r. - - - To castrate him and render him impotent, rather than submit to this complaint. - D^r. R. proposed a salivation Whether this advice was pursued or not, he has not heard. - Such a salivation was used but produced a severe cholera and was consequently discontinued. - 1801

Let us next attend to the diseases brought on by

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on by the different modes of life, and different states of society. — On this subject I refer you to my 1st Vol. Inq. & obs. — which contains a discourse delivered before the Philosophic Society. — I shall only here observe that the different states of society may be considered under three general heads. 1st The savage 2nd the barbarous. and 3rd The civilized — The first live by fishing and hunting — The second add to these Pasturage and the last by agriculture and commerce. —

The diseases of the savages are few but very violent. — They arise principally from climate (The sensible qualities of the air and exhalations) The diseases of the civilized are much more numerous and complicated, more nervous than the others.

Next of the Influence of Government on health. — These are despotic half despotic, half free as in limited monarchies or free as in Republick where all power exists in the suffrages of the people. —

Slaves as I before said want one very
powerful

powerful stimulus, the love of Liberty, & in some degree love of Life. This I said is compensated in hot Climates by the Sun, in Cold Climates as Russia, by hard Labour, much food, & Ardent Spirits, but these are vicarious Stimuli.

The Inhabitants of Despotie Governments, have more Irritability & less Sensibility than those of Republics; thus Slaves are more irritable; they are more liable to convulsions & Tetanus than Freemen. But they bear Surgical operations and Pain better than Freemen. They have more Muscular, & fewer Bilious & Nervous Diseases. Mr Stewart the Pedestrian says that in his travels thro' Persia, Turkey, & India, he never saw a Lame. The Eastern Despotie Nations are free from this disease.

In France Sensibility predominates over Irritability; hence the Instability of their Political Character: perhaps the Love of Freedom, & the acquisition of it may obviate this, & make the Ratio equal.

Sensibility predominates in mixed Governments. Excitability is accumulated by fear of losing Liberty.

Mr Jobb ^{in England} used to say, that no good effort is ever lost in Government: he died Broken Hearted at

& This may have been a remote cause; It is generally
thought that his Lordship had his last disease excited by
some observations of Lord Sheridan respecting the em-
ployment of the Indians against this Country. See
his last Eloquent speech in the House of Commons.

at his unsuccessfulness in reforming the British Government.

Political Joy in Great Britain, is greater than here, because the Excitability is increased by fear, & Joy of course acts more powerfully. The late Lord Chatham died of distress of mind from the separation of the Colonies from G. Britain. —

In Free Countries the Gentle Stimulus of Liberty Equalizes Excitement & Excitability.

Security in Property lessens the Debility from the fear of losing it, & the Anger & Political disgust produce fewer bad effects in Republics, because the frequent recurrence of Elections, points out a very handy Remedy for Evils in Administration.

That Republics are friendly to ^{the} health of Man, I infer from the health & Longevity of the old Connecticut Republicans. A Swiss Gentleman who travelled there Connecticut formerly, informed me that far the greater number of very old people were to be found in Connecticut (in a given space) than any other of these Colonies.

The influence of Republican Governments extends also to Morals

These facts Gentlemen, tend to set in strong

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...the second...
...the third...
...the fourth...
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...the hundredth...

Light the Unity of Truth, while Error is Constantly at variance with itself. A Physician who is ignorant of these Principles, or who is not a Republican in Politics, is ignorant of a very material part of his Profession.

Lecture 3rd

We proceed next to speak of the diseases produced by Religion; or rather the Influence of Religion on Health.

All Men, I formerly observed, have a sense of a Supreme Being. It belongs as properly to the Mind of Man, as the senses of hearing & seeing do to his body: In other words, man is as necessarily a Religious, as he is a Domestic or Social Animal. Religion is as necessary to Man as pure Air to Respiration. It is true Deists & Atheists substitute Idolatry in the room of the Religion of a True God: But they have a sense of some original Cause. The French Nation have substituted the Religion of Voltaire, Mirabeau,

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& Roseau - and one of that Nation. Buonapart
 we understand, worships the Deity by the name -
 which Gamsters give Fortune; he offered his pray-
 -ers to the Goddess Fortune on his Landing in Egypt.
 This was equally Impious; & Religion is a principle
 so deep seated in the human mind, that it cannot
 fail to have the powerful influence on the mind and
^{in the} Body.

To describe or even to mention all the dif-
 -ferent Sects of Religion that have existed would take
 up a great many Lectures. But Christianity is -
 now so generally adopted, and as we live in a Chris-
 -tian Country, I shall merely speak of this as held by
 different Sects of Christians.

Christianity is conducive to health, in as-
 much as it inspires us with Hope & Joy: with
 universal Love to Man Kind, & restrains the
 vicious Passions producing Disease. Here -
 there is no other proof than this of the truth of Chris-
 -tianity, it would be sufficient to Physicians to
 destroy every doubt on the subject. It is ne-
 cessary for every Physician to be acquainted with
 the Influence of the Christian Religion on health.
 This is one of the best Tests of its Truth: every opin-
 ion

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opinion & Doctrine partial or vindictive.

I hold as false. I have never known an Instance of Suicide from any principle ⁱⁿ Religion, but what was as far distant from true Christianity, as the sacrifice of the Indians & ~~Barbarians~~ Pagans.

Let us next Enquire into the Influence of certain Employments on Health.

The first business of Man is Agriculture & the second to build him a Shelter from the weather: Both of these require the Exercise of every part of the Body, & were performed in the open air: These employments are both healthy. In proportion as they varied from these Diseases increased.

The Operation of the different employments on Health I shall briefly consider under 3 heads. 1st Those of Laborious employments; - 2^d Those of Manufactories. & 3^d Those of the Studios, or Liberal Professions.

1st Farmers & Carpenters, are subject to accidents as Fractures Contusions &c. and to Fevers, but they are exempted from most other diseases. It has been remarked by the Carpenters of this City, that they are the longest lived Class of Citizens.

Way

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Day Labourers, from their exposure to the vicissitudes of the weather, are subject to Fevers and Dropsies, also to accidents.

Soldiers to Fevers, Dysentery & above all to Chronic Rheumatism. This fact was well known to Horace. Sailors to the same diseases as Soldiers, to Scorbatic Eruptions on the Skin in addition.

The diseases of Servants. From the difference in their ^{Labour} employment, are subject to different diseases: to Catarrh & Pneumony, more especially Coachmen from the dust & cold they are exposed to in waiting in houses in the Reign for their Masters and mistresses. The Servants of the King of Spain we are told are subject to Nephritic Complaints from being constantly in presence of their Royal Master to have at a time.

2^d. Manufacturers, are subject to diseases from their sedentary lives; from the want of pure air; & from the materials in which they work. The diseases are principally Costiveness, Hypochondriasis. While in Europe, I happened to be at on a Holyday, & I saw a thousand weavers of that place assembled; of the thousand there was not one who had not a Pale face. W.

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Dr Fothergill informed me that all the Patients of
 Hospital while he was a Student, were
 Shuttlefield Beavers.

Watch & Clock makers & Silver Smiths, are
 liable to disease proceeding from too little exercise.
 Their Eyes also are subject to disease from the small
 objects they continually view.

Tailors & Shoemakers from the position
 of their Bodies while they work; have dispropor-
 tion in parts of their bodies. The Glutei Muscles
 of a Shoemaker, & Gastrocnemii of a Tailor,
 are always larger than in other People of the ^{equal} same
 size: Their arms are also strong from the Exercise
 they use.

Bakers are subject to Pulmonic Com-
 plaints from their Night work; living in Cell
 Lard, Fires &c. &c. It has been computed that the
 average life of a Baker in London is but 3 years,
 They are predisposed to Malignant & Contagious;
 perhaps the Change they experience from heat to
 cold air may contribute to this effect. Smiths
 from the same Causes, & Hatters are also pre-
 disposed to these diseases; hence the number of these
 Mechanics who died with Yellow Fever in '93
 is

1793, is readily explained.

Some Mechanics are affected from the materials in which they work. Lead always occasions Nervous affections. Dr Franklin had frequently observed Palsy to be increased by handling warm types with cold hands. He mentioned this fact to Sir John Pringle while in Europe, who corroborated the fact. They were both in Paris together, Dr F. desired Sir John P. to observe if the Tradesmen who worked in Lead were not much disposed to Paralysis; he found it to be the case, except in some Stone Cutters; & asked Dr Franklin how he explained their being frequently seized with Palsys, he enquired of them & found they used Lead to cement Iron & Stone.

3^d Stitchious Men. Stitchious men suffer from their inordinate Exercise of the Understanding, & from the Sedentary Life.

Judges are subject to Green & Complaints of the Blackder, from being obliged to retain their Urine very long. Stitchious men are affected much with Disuria, hence called Morbus Stichiosorum. Writers who work in

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in Galleys frequently are affected with Gonor-
 rhea & Nephritis from inconvenience attending
 their making water. Dr Franklin attribu-
 ted the origin of his Complaint (Calculus) to this
 Cause. Clergymen frequently are thus affected
 & also with Dyspnoea, more than any other set
 of studious Men. According to Bishop Burnet
 Lawyers & Physicians are the longest lived of any
 set of studious Men, owing to the exercise they
 take abating the ill effects of the above Causes.
 The Knowledge which Physicians have how to
 take care of their Health, contributes to this. ~
 Monks from their sedentary Incontinent Lives, &
 from Celibacy are seldom long lived: they -
 generally die before the age of 80. of
 only live to 80, & to 60 years of age. Phy-
 sicians are probably longest lived, many of them
 attain to great age; Ramazzini attributes this
 to the uniform exercise of the profession. There
 are now living many old Physicians. Dr Hal-
 creden who wrote on the is now li-
 ving in London, & is 90 years of age. Sir John
 Pringle died but a few years ago at 80.
 . . at 84 or 5, and many others.

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Country Physicians from Ryding on
Horsback, are subject to Piles. Fistula in Ano,
Costiveness &c. The Late Dr Jones informed
me he had Cured 3 Country Physicians for
Fistula in Ano.

Severers are subject to Paralysis
of the Right hand; of this I have seen one Case
for a further account of it I refer to a very
excellent work by Ramazzini, called an
account of the diseases of Tradesmen.

Of the diseases produced by
AMUSEMENTS.

These produce Predisposition to Disease
from the fatigue they commonly incur.
This as I formerly observed, is greater than the
Indirect debility from Labour: Hence I think
the Course pronounced on Aetna "to earn his
Bread by the sweat of his brow, was a Help-
ing in disguise. The debility from Plea-
sure often includes weakness, by relaxing
the system below the sleeping point: the de-
bility from the hardest wrought field, never
produces this effect. Nature is left kind...
..... in the

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..... in the pursuit of pleasure than Labour.

2^d Amusements are hurtful from peculiar Customs, in women from spending 2, or 3 hours before the Glass; & in men from sitting an hour or 2 in a cold Room under the hands of a Barber: also a change of dress for the sake of Elegance, is always from a thicker to a thinner. 3^d from resorting to crowded Assemblies where the air becomes Phlogisticated by the breathing of the Company. Many contagious Diseases are thus engendered which spread in the winter season thro' the City in form of Influenza or Catarrh. This I think with Mr. Webster, is a mild grade of Typhus fever. A Christmas which is the signal to beginn solemn papers without some Spectacizing & Feeling politics. I have uniformly observed that the more mixed & set these parties are, in the same Ratio Catarrh prevails. 4th Amusements do harm from the Exer- cise connected with them, as Dancing this is so tempting a Pleasure that few young people can refrain from excess in it, & many diseases result from it from the fatigue it induces. I knew

I knew an Aneurism which terminated fatally, brot on in a young Lady by excess in Dancing. -
 Catarrh frequently results from sudden exposure to cold air after the body is heated by this Exercise. I knew a Gentleman who died from the fatigue, brot on by this Cause.

6th Gaming, or Cards; these are more or less stimulant, according as people play for money, or only to destroy that worst of all Plagues, to Idle people, called Time

7th Theatrical Entertainments: In these almost all the Causes contribute which render crowded Assemblies unwholesome. Nervous Diseases, according to a late German Writer, has constantly kept pace with Theatres in all Populous Cities: I am disposed to believe it. Tragedies, it is said excite virtuous Sympathies; I grant it, but they do not excite corresponding virtuous actions, or active Benevolence: It is true we see, & sympathize with distressed Virtue: But we sit still, nor lift hand or foot, to relieve the distresses of the unfortunate. The Passions then swelled Recoil on themselves without vent. From this Retrograde action of the Passions, faintings are
 common

Sometimes produced in Women; this frequently occurs at Tragedies. The Mind, after the Regurgitation is it true, feels like the Body after the action of Diarrhoea & Purges when the discharge is prevented.

Tragedies are said to produce Benevolence, Charity & other Virtues: This I deny: The distresses which are related in Tragedies, are so far beyond any which occur in Real Life, & the Characters which suffer of so high Rank, that similar facts never occur. The action on the mind in this case resembles a strong dose, or custom of taking large quantities of Spirits; it lessens the sensibility, so much that smaller portions have no action; hence they, upon the sensibility of the Mind to scenes of real distress when they occur. This is not Ideal, I have imposed it from observations on persons most addicted to the pleasures of the Stage. A Lady who will weep over the distresses of Jane Shore, or Lord Essex, will hear without Emotion or distress the tale of the destruction of a Poor Family by Fire or War; & will drive the half starved shivering Beggar with laughter & indignation from her door!

Boys from the ^{active} Nature of their amusements, are very liable to fractures of Bones & other accidents; also by excessive fatigue they are predisposed to fevers.

Hunting is a frequent source of disease. It appears to act in several ways: by inducing — Indirect debility from fatigue. 2^d From the continued application of heat or cold to the body. 3^d By wet feet. 4th Hunger. And 5th The morbid stimulus of a full meal, acting on the accumulated Excitability, induces Disease and the most acute Fevers.

Next of some peculiar Customs in Civilized Life, which exert an unfriendly Influence on health. They have their rise from the folly Madness & Superstition of a few people elevated by accident or their actions above the generality of Mankind.

First, the Custom of Drunken drinking. This was first introduced by the absurd supposition of their being Antiphlegmatic. They destroy the Tone of the Stomach, lessen the appetite, & lead to the habitual use of ardent Spirits every hour in the day.

111
I have been thinking of you a
great deal lately, and I hope
you are well. I have been
very busy lately, but I have
managed to find some time
to write to you.

I am writing to you in a
hurry, but I hope you will
excuse me. I have been
very busy lately, but I have
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to write to you.

2^d Wine & Bitters before Dinner, to give appetite: This is an absurd Custom; it increases Excitement above the Hungry point, or else destroys it, if it be good before.

3^d The Custom of Lying in wait is very absurd & Pernicious. In the first place the fatigue induced in the Lady, who must dress every afternoon to receive her Company, which takes her 2 or 3 hours, is entirely disproportioned to her strength; added to this she is exposed to 15 or 20 Female voices all brought with News.

4th The Ringing of Bells after the Death of Persons: It took its rise from the Superstition of Popery, which gave the Surviving Friends & Relations a Signal to pray for the Soul of the Departed. It is high time it should be abolished; it can do the dead no good, & does the Sick a great deal of harm.

5th Chewing, Smoking & Snuffing, - Tobacco. These practices have done more mischief than all the rest. For a more full account, I refer to my volume of Philosophical Essays.

We come next to consider the Influence of unhealthy Ancestry on diseases. These depend on Shape, or Temperament of the Body and Features transmitted to their Children. They are either Congenial or Hereditary. The former show themselves immediately or soon after Birth. They are chiefly, the Venereal disease, Small-Pox, Measles, Yellow Fever, Plague. Instances of Congenial Syphilis, Small Pox & Measles, have occurred in this City. Russell mentions Instances of Plague being Congenial at Aleppo. They never survive it. Whether the Influence is a Congenial disease or not, I do not know, it certainly disposes to Abortion. The other Congenial diseases, or rather disorders are, Hare Lip, Imperforate Anus, & Long or Short Frenum of the Tongue.

The Hereditary diseases depend on the Shape Features Temperament of the body; thus Consumptions occur in such Children as have the Breast of a peculiar Shape: Mania of the Head. Consumption I think is most frequently transmitted by the Father, & Mania by the Mother. The former never comes on till 20 or 21 years of age

of age. Mania seldom comes on till that
 Period of Life in which it affected the mother.
 This I shall have occasion to resume at a fu-
 ture Lecture. The transmission of Gout ap-
 pears to depend on a mixture of Excitability of
 the Nerves & Vessels, or the Sanguine & Nervous
 Temperaments. A disposition to Gout shows
 itself in Early life in Indigestion, Mania, Hyp-
 teria, & Hypochondriasis. In flesh a 20th part
 of Intemperance will excite than in those who have
 no Predisposition. Hypochondriasis is some-
 times relieved by a Fit of the Gout, or rather
 converted into it. Scrophula & Leprosy are
 Hereditary diseases: They both pass by the first
 & appear in the second Generation; sometimes
 not till the third. Dr Croyle who has written
 on the diseases of Iceland, observes that they
 sometimes pass by the 3^d & appear in the 4th
 Generation. The Color of the Skin & Hair are
 Hereditary; also the Temperaments & Features.
 The Hair & Skin preserve their color in many
 successive Generations: Thus the fair skin of Hen-
 ry 8th was Hereditary ^{for} a long time in his Descen-
 -dants: The Dark complexion & Black hair of the

of the Hamiltons in Scotland was Hereditary in the family for Centuries. This fact will assist in explaining the black skin of the Negroes. These Facts, Gentlemen, I wish to impress on your memory; Cholera, Hemorrhage, & above all Head-ache are very often Hereditary. This gives us an useful hint to enquire into the diseases of our Patients Ancestry; and also Family Receipts, as there will sometimes Cure diseases which no other Prescriptions will, & Hereditary diseases are always more obstinate.

Let us now proceed in the order of our Syllabus, to speak of the diseases proceeding from an Infidelious Confidence in the operation of Nature, from False Systems of Medicines, & from Quacks.

First, of an Infidelious Confidence in False Systems of Medicine. To enumerate them would be to give a History of Medicine from the time of Hippocrates to the present Day: I shall only mention a few of the most important.

The Authority of Galen was succeeded by the Paracelsian of Paracelsus. Next the Iura...
... or Intel.

... as "Intelligent Principle" of Stahl. "The Influence of Electrical Fire" of Schroeder. "The Spasms of Hoggman". "The Morbidity of the Fluids", as consisting in Animosity & Lintor" of Boerhaave. "The Vis Medicatrix & Conservatrix of Naturæ, et Nosologia methodica" of Cullen. & "The Morbid Debility" of Brown, have each in their turn slain their Thousands. I grant that by each of these Theories there have been many successful Practitioners; but it is surely to their sound Judgement & great Experience in disease — that they Cure. The great Evil to be dreaded is, from a servile attachment to any ^{one} Theory. For I firmly believe the most Economical of them contains some Truths. I believe we shall never arrive at perfection in Medicine till we borrow a little from every Theory. The absurd Supposition of Dr Boerhaave of Lintor & Animosity in the Blood, has caused Volumes of Blood to be shed. It has been demonstrated that the Scurvy Blood supposed to be the Lintor, is mere Coagulable Lymph ~~separated~~ separated from the other parts of the Blood.

Hundreds of Children have been Purged to death from an absurd supposition of Idiopathic ~~worm~~

Every man who is acquainted with Dr.
Cullen's unparalleled judicious discrimination
of opinions will ridicule this vague assertion
No one is more cautious in its use if we
believe his writings he condemns it. whenever
any thing strikes a phlogistic diathesis exists
Baird

Worms Fever. Hundreds have fell victims to a Milk & Vegetable Diet, so strictly ordered by Cullen in his *Treatise on Regimen*.

Opium has done immense mischief in the hands of Cullen & his followers from a wrong Theory of its action: They supposing it a Secretive, prescribed it to lessen morbid action. If it were Secretive its prescriptions were just & proper; but by its stimulant effects it increases the morbid excitement. It has done immense mischief in Brown's hands & his followers, by supposing Debility to be disease, whereas, it is only Predisposition. Cullen prescribed it in Lonic Mania; Brown had just Ideas of its operation, but his Theory of Disease prevented his applying it properly.

Let not this be construed by any of you into a Supposition, that I am opposed to Theory; far from it: I would as soon reject all Religion because there have been a thousand false Ideas respecting it, as to reject Medical Theory because it is yet imperfect. I believe firmly, there is such a thing as Truth in Medicine, & tho' I should founder in a vast Ocean of uncertainty, still my dying Testimony shall be in favour of it.

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Empiricism never cured a disease.

However imperfect & uncertain Theory may be, yet it has its advantages; it at least collects & arranges facts. I have always observed Speculative men have the greatest talents for observation. Those who are opposed to Medical Theory see nothing with their own Eyes: But who are those who are opposed to Theory? I retract the Term: There are no opposers to Theory, at least I have never met with one. They have Erroneous Ideas concerning disease, & the more error, the more Theory is necessary. One Truth supplies the place of 20 Errors in Medicine; but to return, to

2^d Impudicious Confidence in the operations of Nature; this has been a source of immense mischief in Medicine. We should never hint at it to our Patients nor in conversation with Physicians. The opinion of Nature during a epidemic is too popular: It has been, & still continues to be the Pagoda of Medicine. This subject I shall have occasion to resume at a future time. I have read an account of a Dialogue between a Sword & a Man's Head, in which each claims the superiority of in slaying Man-kind. It struck me

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me that if a third agent could have been introduced as the Representative of all the Quakers, he would have established his Claim to Superiority over both, and even the Postilume.

The Credulity & folly of Man-kind on the subject of their Health, can only be remedied by making, as a Substitute for some useless studies, a necessary part of Education to consist in, a Knowledge of the General principles of Health. It is said the reason why so few Quakers are to be found in Scotland & New England is, that the People are too wise to admit it.

Next of the Habitual & Improper use of Medicine by or without the advice of a Physician.

First Surges. These medicines have been very improperly used, & have produced very bad effects. Continuance from their habitual use; the Bowels being used to their Stimulus, cannot evacuate their contents without their accustomed Stimulus. Above, besides acting as a Surge in general, is said to excite a disposition to Piles. Andersons Pills are composed of this principally, & it has been remarked that persons who use these Pills habitually, are

are subject to Hemorrhoids. The Habitual use of Salts, by increasing Relaxation of the Intestines, is apt to bring on Cholera & Diarrhoea. The Butternut Pill made of a Marcotie Vegetable, the English Walnut, dispenses to Vertigo, Palsy, & Apoplexy; it is useful in procuring Vertigo I have witnessed. Purges are much used by the French; there & Glysters appear to comprehend almost the whole Materia Medica of that Nation; hence the word Medicine, signifying there a Purge. It is very common there to give Children purges in the Spring to prevent Eruptions on the Skin. This is much better effected by a Vegetable diet totally abstaining from animal Food.

Vomits. These are most in use among the English; probably, the reason of this, part is that they are more apt than other People to offend their Stomachs by too much Gluttony. Too violent vomiting has produced Dyspepsia & Hemies.

The habitual use of Bitters, especially in such as live in low Marshy Countries, or such as are subject to Gout, brings on Indirect Debility, leads too often to Drunk drinking & renders the System less liable to be acted upon by the Stimulus of the Barks.

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Bark in Intermittents where there is accession to remit it and other Tonics.

Chamomile Tea. This has in one Case to my knowledge produced Vertigo. Apoplexy has been induced by Black Bean Tea when used instead of Hyson.

The well known Duke of Portland's powder has brot on Palsy & Apoplexy where used to prevent the Gout.

Lecture 3rd

We proceed with the Causes of disease - from the habitual use of medicines.

Nitre when used habitually, produces dyspepsia, Diarrhoea & Cholera.

Opium used habitually produces longer Dyspepsia loss of Memory & Delirium.

The Injudicious habit of bleeding in the Spring Season disposes the System to Plethora where this Evacuation is not need; also to Hemorrhages.

Sweating Medicine & Wine are very common in the beginning of a disease; nothing is more

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Nothing is more popular than these Remedies in Slight Indisposition. They do much good in the forming State of a disease; they obviate it completely: but they have a bad tendency after the crisis is formed, they produce Effusion, & in some cases Death. I knew a Case of Death happen in this City from a person drinking a Pint of Madeira on the first days of a Fever; and another where Death was induced by drinking a quart.

The imprudent use of the Cold Bath is, too great fullness of the Vessels, & also in too great weakness, have induced Hemorrhages, Intermittents & in a case of yellow Fever in 1793, produced instant Death. The Pediluvium which is also a very common Remedy, has done much harm in diseases of too much action, & ought to be restricted unless in Cases of feble morbid action; it tends them to equalize excitement, & Cures of Course.

The habitual use of diet drinks has arisen from a false Theory of the Nature of diseases, that of morbid matter in the Blood; it is recommended almost universally in the Spring Season. Abstinence from animal food would answer all these purposes ^{to} much

greater advantage.

Exercise has been much too common in diseases; it always does harm in diseases of much action. It frequently proves the exciting cause of diseases lurking in the system; how often does seeking or riding produce or excite disease.

Besides these, Quack Medicines produce many ill effects, & assist in swelling our Bill of Mortality. 'Goedfry's Cordials' has destroyed many children. One case of death from it I saw in this City. It is much used in Infantile diseases. - 'Turkington's Balsam' has broken inflammation of the Bowels. 'Janner's Powder' has done immense mischief; frequently producing the most violent vomiting & purging. It is said to have killed Dr Goldsmith, Mr Howard & many others. They assisted the Yellow Fever in 1794 in destroying a respectable Gentleman from the West-Indies. But Quack Medicines are mischievous where they do neither good nor harm in their operation they cause a delay in the application of useful & active Remedies.

But more than this medicines do harm even in the hands of Physicians. Vomits have
 great

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produced Ruptures & in some cases Death. I have known a Case of a violent Colic & Costiveness & produced by 30 drops of Laudanum in this City administered by a Physician to a Lady his Patient. It has also induced Strangury, Colic Dyspepsia, difficult Respiration & Delirium &c Nitre has produced Cholera & Strangury. Mercury the most useful medicine perhaps that our Materia Medica contains has produced a number of distressing cases of Salivation some of which terminate fatally. These facts teach us Gentlemen to pay attention to the opinion of our Brethren as the most harmless remedy will, in some circumstances produce all effects.

We proceed next to speak of the Influence of Sympathy & Antipathy on diseases

This Gentleman is a Thorough Subject. The Sympathy of the Mind has already been spoken of that of the body less clearly understood.

Gaping spreads thro' a company as by Contagion. Beholding a person with sore eyes will frequently draw Tears from our eyes. Laughter in the same manner spreads without our

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knowing the cause of it which excited it. Convulsions it is said is propagated by sympathy: Caesareo Baccarone relates the account of some boys at Haerlem Hospital, among whom Convulsion was propagated from one to one hundred. I knew an Instance of the same kind at the Pennsylvania Hosp^l where several Patients were affected with Convulsions in consequence of seeing one of the Patients affected with that disorder.

Shutting where there is a respect for the Person has been propagated by this means. How are we to account for these facts? I answer Man is an Imitative Animal & acquires habit without a Consciousness of it: his Muscles are often moved without the Consent of his Will. This we see in Members of the same family, who acquire unconsciously a certain set of Manners: Also diff^t Nations

It is difficult to account for the Knowledge which some persons possess of the Death of a distant friend or Relation at the time of their Death. The Late Lord Ropesommon as Mr Johnson says in his lives of the Poets knew,

knew, when a Boy at School by a certain Impulse that his Father was dead. A Letter in a few days from home confirmed this. He was in the French School his Father in England he had died at the very moment his son had this impression; which induced him to quit Play in which he was engaged. I have heard of many facts of a similar nature; from the Testimony of the Persons who communicated them to me, I have no reason to doubt can entertain no doubt of their Truth; & I am forced contrary to my inclination to believe them.

What is the nature of this Secret unknown web... which connects together the destiny of Relations, & vibrates only in the time of Sickness & Death? That something of the kind exists, appears from these facts, also from the strong attachment which people feel at the hour of death for their departed Relations; hence the Patriarchs in the Old Testament desire their Children to let them sleep after Death with their Fathers, & exacted their promise from them. I knew a Gentleman who died here, who expressed a strong desire to me before his Death, to be laid by the

by the Side of his Father, tho he had been dead so long that he had forgotten him, yet he felt a Love & Respect for his venerable Dust!

Antipathies, are Congenial & Acquired, Of the Congenial I have known many Instances. I have been careful to collect only the accounts of such Persons as were not Credulous, & on whose Veracity I could rely. Czar Peter the Great was born with an Antipathy to Water so great, strong that he could only cross a Ferry by being thrown headlong into the boat. King James the 1st had a natural abhorrence of a Drawn Sword. Many persons are born with Antipathies to Rats, Cats, Mice & the like.

The acquired antipathies proceed from the Effluvia of certain, & from a Satety of any particular food, & 2^d From an Association of Ideas, as in the Cats, Rats, Mice & the like: perhaps in the case of Antipathies to these, animals, it may be induced in both these ways from the effluvia of their Respiration. I knew a Gentleman who possessed the Cat Phobia in so strong a degree, that he could tell when a Cat was in the room, tho concealed from his view.

Antipathies are sometimes combined with Fear and
Sickness

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Sinners. Several remarkable Cases of Antipathies to the pronunciation of certain words, I mentioned before, as Blood, Earthquake. Some Antipathies proceed from Terror in the Mother while Pregnant; this was the Case with King James, his Mother Mary Queen of the Scots was pregnant with him when Bonwill stabbed the unfortunate Lord Darnley in her arms.

We come next to the diseases produced by the association of Ideas & Motions. Of these effects I formerly spoke when on the Mind.

The effects of the Association of Ideas have powerful Influence thro' the medium of the Mind, & is of immense application as far as the Mind is concerned, as in Hypochondriasis, Mania &c. &c.

The Association of Motion acts in two ways, 1st In combination with the Mind, & 2^d Exclusively & Independently of it; this last we see in Animals which have no mind, & in diseases of the Brain. Two facts prove this Position, the one is the making water just before we go to bed, the other is mentioned by Dr Ferriar. A Lady who had been much in the Practice of taking Snuff

was attacked with Polsy which deprived her of her Reason; every time Volatile Salt was applied to her Nose which was frequently done, she put her hand to her Nose as if it were Snuff. These facts are of Importance, they give us useful hints to break the train of diseased Association, in certain Periodical complaints, as Intermittents, Epilepsy &c. perhaps these are rendered Periodical by expectation of them & association of Ideas from standing in the same place & many other circumstances. Hence then we have at once a Theory for the explanation of the Periodical recurrence of the Intermittents & other diseases. Thus they generally occur in the same hour of the Day; here the same quantity of Light & heat may be acting as a Stimulus of the same force every day at that time produce an association of Ideas or the same proportion of Bile at this time excreted & act as a Stimulus; The quantity too of Excitability is generally the same at the same time of day. Epilepsy may be excited by association of Motion. In a case of Epilepsy, a fit was retarded several hours by keeping the Patient shut up in a Dark Room. Opium acts in some cases by destroying this, by inducing Debility.

The Diseases from Wounds, Injuries & Accidents. For an account of these I refer to Bell's Surgery. I shall only remark the distance of time which in some cases intervenes between the time of receiving the accident, & the Mischievous symptoms induced. These Periods are various. I have known Hydrocephalus induced 18 months after the accident which was the cause of it. I knew a Gentleman who was much troubled with an obstinate pain over his Eye, broken by being taken by the hair of the head while a school boy. I have known an Abscess produced in the Back, 4 years after the accident. Dr Lettsome relates a case of Apoplexy & Death 20 years after the destruction of one of the Lamellae of the Cranium by a fall. Dr Johnson informed me of a Patient who was taken with Delirium 6 weeks after a fall. Von Swieten relates a case of acute Delirium induced by many weeks after the fall of a Tile on the Patient's head. From these facts, I never neglect an Injury of the head or ~~Extracranial~~ Contusion; these however trifling they may appear, are often productive of ill consequences, which should be guarded against.

The next Subject in the order of our Syllabus, is the Consideration of the effects of Time on the System; or in other words, the Diseases of Old Age. For a particular account I refer to my 2^d Vol. of Eng. & Obs. I shall only add here a few observations which have occurred since the publication of these. In the first place the State of the Stomach Influences Longevity. In almost every case of long life which I have known, the Stomach was in good order & in no pain, excepting one in which there was a rupture of the Crura which dragged the Stomach down to it. Many facts concur to make it probable, that the Equilibrium of the Nervous Motion depends on the Stomach. I formerly remarked that in many cases the appetite ^{is} ~~was~~ good & the Digestion very Morbid; but in the healthy Stomach the Appetite & Digestive powers coincide. The best sign of a good Stomach is when a Man does not know that he has a Stomach, by any disagreeable sensation of Flatulency, pain or oppression after eating.

2^d Men become older than Women

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but men grow very old than women; By old I mean from 80 to 90; by very old from 90 & upwards.

3^d From the following list it will be very easy to see the average Ages at which people die; of 100 persons

So that to lived to be beyond 60.

Let us next enquire into the Predisposing Causes of Disease.

These are of 2 kinds Natural & Artificial. Those Predispositions which are ~~natural~~ Artificial, are from the remote Causes which we have already treated of. The Natural Predispositions to disease are of different kinds & occur in different stages of Life.

We shall begin with those peculiar to the Infantile Stage, which we suppose to continue from Birth till the second year of a Childs age.

The diseases Infants are predisposed to are many.

1st From the disproportionate size of the head, they are disposed to eruptions behind the Ears, & Tinea Capitis: Also to Hydrocephalus Internus, from the great quantity of Blood sent to the head in proportion to the

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to the rest of the Body. 2nd From the cartilaginous structure of the Cranium & opening, they are predisposed to Hydrocephalus Externus. 3rd From the great disproportion between Irritability & Sensibility It is a curious fact that Children possess really less Sensibility than Adults; but their Irritability is greater, hence we find them suddenly affected with pain, but they bear it better than Adults; as after operations or cold they cease to complain much quicker than Adults.

That they bear cold better than Adults is proved by a fact of a woman having been formerly frozen to death with a living Child in her arms. This excess of Irritability in Children is intended for many wise & useful purposes, as it extends a broader surface for Stimuli to act on which produces Animal Life, & which are most necessary at this time of life: And they suffer less from the want of reason & Experience than they otherwise would do. The preponderance of excitability exposes them to Convulsions, hence the Trismus Nascentium from the stimulus of secret Meconium in the Bowels, & probably from cutting the Naval String. 4th From this Excitability

Excitability, they are disposed to Stomach & Bowel Complaints which are often produced by too much food; hence the frequency of Cholera; this is more by a Febris Introversa, aggravated by Dentition. 5th Children are predisposed to Diseases from the process of Dentition. This operation of Nature frequently predisposes to Fever, Deerrhœa, Swelling of the Neck, & Gonorrhœa. 6th The Extremity of their Skin predisposes them to Chafing from Rubric & Friction. 7th They are predisposed to disease from the activity of the Passions, hence the effects of Joy, Fear, Anger, Fear &c. produce disease in many Children. 8th Worries predispose Children to disease.

The Diseases of Childhood or
 . . . are a little diversified from those of Infancy, from a small measure of Sensibility at the expense of Irritability, hence Stomach & Bowel complaints are not so frequent as in Infancy. They are still predisposed to Hyæmorrhæus Internus from the quantity of blood sent to the head. The effluvia of the Cranium prevents Hyæmorrhæus Externus. In this period the Cymæcheæ hæmorrhæus prevails, from an undue determination

& From their greater Exercise & exposure to heats & colds

R. L.

of Blood to the Neck & head; This takes on the form of Erythema Trachealis, Spermocidia, if the Action & Excretion & are prevented, but of the Humors if these are permitted to be retained or From the Insensibility of the Skin Children are disposed to Boils from the heat of the sun.

It has been calculated that half the Children Die before they attain their 7th Year, in consequence of their preexisting Causes, both Natural & Artificial; How shall we account for this Mortality? from the weakness of the Principle of Life? No; It can be accounted for much more readily by supposing the disproportion between the force of the action of Stimuli, & the Capacity of the Muscular fibres to

These 2 Chapters of simple Causes, &c. That disproportion just mentioned, & 2nd The want of human Reason to restrain the Appetite & Copious within proper bounds, & to Guard against External dangers. According to Dr Day more Boys die at this early period than Girls, owing as he says "to their having a greater degree of Virility, tho a lesser tenacity of Life. If it be a fact

fact I explain it from 1st The greater Irritability of Boys; & 2nd A greater disproportion between this & Stimuli in them than in Girls from the more active nature of their pursuits.

I pointed out in a former Lecture, the Change the System undergoes at Puberty: We proceed to mention the diseases to which these Changes predispose.

From the Evolution of the Ovaria in the Females, & of the Semens in the Males at the age of Puberty, they are exposed to the more powerful Stimulus of the Venereal Appetite: This predisposes 1st in Males to Febrile diseases.

2nd Pulmonic Consumptions, & Headache. 3rd Irritated appetite. 4th Hypochondriasis. 5th Pains in the Groins & Bones, called growing pains, Swelling in the Neck & Glands. 6th To the Venereal Disease.

Females are predisposed to all the diseases but the Last, also to a more Irritated appetite, Chlorosis, Comaessio Menstruæ, Catarrh & Pneumony.

The Mind at this time acquires more Irritability, & hence they are Irritable & Changeable
in every

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in everything they undertake. In a *Roblescent* we are predisposed to Fevers, Pulmonary Complaints, & from the cessation of Growth, to Plethora & Hemorrhages. The growth ceasing & the Blood being formed rapidly, it is determined to the Lungs. This Period of Manhood lasts from the 19th to the 36th Year, till which time the Veins possess the most Tenuity & Density, at this time a strife between the venous & arterial Systems commences, & the Arteries acquire most density according to the Experiments of Dr. Wirtmington. After this period the Veins are weaker & more Irritable. This change goes on gradually, & varies with respect to the time it is completed. The Veins become plethoric in consequence of this Debility; hence Venous Hemorrhages, - Melaena (Hemorrhage from the Liver) after the change has taken place; There is generally a period of established good Health; hence in Breslaw in Silesia, from accounts kept there we find fewer Deaths between the ages of 40 & 57 than during any other 17 years of Man's Life.

Constitutional Diseases now can appear, & an exact Ratio takes place between excitement & Excitability; of course Man enjoys Good Health like

* The first time on Old men puts on Spectacles
he puts on a part of his Shroud; & the first time he
rises from his bed in the night to make water, he
makes movements towards the Grave (1804)

like Colian Harp

Man enjoys more happiness in this than in any other period of his life the stimulating passions are calm & exhausted. But here

Old age begins to make its first approach. Death makes its first dark attack on the Eyes; vision fails & this is the first mark of old age.

The Sphincter of the Bladder next becomes suppers, hence old men find a difficulty in making water. After the 57th year, signs of evident decay come on. From 62 to 70 years old men are liable to Cholera Pertigo, Apoplexy, Palsy effects of congestion in the Venous System. From this period to the close of life the Excitability is much increased, as in Infancy, hence the second Childhood. Old men are more peevish fretful, easily fatigued, wakeful, easily intoxicated with strong Liquors. At this time from the increased excitability, they are subject to slight contagious Diseases, which frequently prove mortal, as the Influenza. This period does not generally last longer than from 80 to 90 years of age

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of age. During these 10 years old people are very
 subject to disease from Passions & Emotions of the
 Mind. The Stimulability of the Arteries is Increas-
 ed, but the Sensibility of the Nerves is less, re-
 quiring stronger Stimuli to excite Impressions;
 hence Old people are liable (or exposed) to Inflamm-
 tory Fevers. Dr. Chevreux & Dr. Franklin died of In-
 flammatory Fevers, the latter in the 84th year of
 his age, the former in the Dr. F. of Pleurisy,
 & Dr. C. of Hepatitis: But further, the Hu-
 ids become acid; hence the pungent smell of the
 Urine of Old men, hence the serenity of the Tears
 & Perspiration, & hence sores apparently trifling
 frequently terminate in Ulcers, & Mortifica-
 tions arising from trifling bruises.

From a view of these effects, we see the
 progress of general & Partial Debility. This
 is either Acute or Chronic. The Acute shows
 itself ^{1st} in the Arterial System. 2^d In the
 Nerves; hence the Lough, & hence the weakness
 of Vision & Hearing in old men. 3^d In the
 Muscular Fibres; hence the claudication of the Uri-
 nary Sphincter & Bowels, hence the weak-
 ness & Tremor of the hands & feet. 4th In
 the

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the Brain, this shows itself in Vertigo & Locke-fulness. 5th The Elementary Canal; hence Constancy. II. The Chronic partial debility, shows itself in the blood vessels only; hence the predisposition to Inflammation, Epistaxis, Dysuria, Haemorrhages, & the general predisposition to all fevers.

Lecture 33rd

We proceed next to the Predispositions from the different Temperaments. The Existence of these has been called in question. They have been ascribed to variety of ~~Liquid~~ Impressions on the System, from different Modes of Education, in the same Manner as some Metaphysicians have attempted to explain the difference in the Mind to Education: Both opinions are equally Erroneous. The Temperaments it is true are seldom developed till Puberty, & in some Cases at a later Period; & from careful
by your

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guarding against certain circumstances, their development may be prevented. That there is a foundation for them may be seen by the similarity which obtains in the different members of the same family in the features & the whole frame.

They are generally reckoned the Sanguineous, The Nervous; The Bilious; The Phlegmatic. They are all the effects of Original, Congenial & Partial Debility in the different parts of the System: There of course is an increase of Excitability. In the Sanguineous Temperaments, this Preternatural Excitability exists in the Bloodvessels. In the Nervous Temperaments, there is a preternatural degree of Excitability of the Nerves; hence we find that the Sanguineous Temperament is predisposed to diseases of the febrile kind & to Hemorrhages. The Nervous to Diseases of the Nerves. In this system I include Brain, Nerves & Muscles. - hence this Temperament is disposed to Morbid Hysteria, Convulsions & Syncope.

The Bilious Temperament possesses a preternatural Degree of Excitability in the Liver. Hence there is a disproportion in the secretion & excretion

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Excretion of the Bile, either excessive or deficient. When there is a deficiency it is called it is called the Atrabiliarious Imperament. From the Excitability of the Liver we find this Imperament predisposed to obstructions of the Viscera, Cholera, Jaundice, Headache, & Diarrhoea, Anorexia when

on the other hand when

. Atrabiliarious it is predisposed to Cholera Costivaria, & Flatulency, Anorexia. —

The Phlegmatic Imperament is the contrary of the Sanguineous & Nervous. It consists in a deficiency of Excitability of the Nerves & every part of the body, particularly the Lymphatics.

In all diseases attention should be paid to the Imperament of the Patient, as the Remote causes act very differently on persons of different Imperaments; of course their diseases are different. Dr Daignon makes the following observation in proof of this opinion. He mentions a party of 4 young Gentlemen who ever lectured themselves at play together: they each were engaged in the same kind

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of Exercise, each under similar Circumstances, they were all taken Sick, & the D^r obscure^{all} with different diseases arising from different Imperiments. The same is observable in Epidemics, Persons shall be differently seized under every possible Equality of Circumstances: Thus we see in some Cases of Sanguineous Imperiment the Low throat may require bleeding, tho' not in others of the Phlegmatic. It enables us to account for the circumstance of Aliment producing different effects on different people under similar circumstances.

The Imperiments are in some blended together in different proportions; hence the reason for the necessity for prescribing different remedies for persons under the same disease & in the same state of the System.

Lastly the Imperiments are changed into or succeed each other in different stages of Life. They should never be lost sight of in Investigating the Cause & prescribing for the Cause of Diseases.

Of the Predisposition to
Disease

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Disease from the State of Life Single or Married
This has an Influence in several Diseases.

Married Life acts on Man in the
manner Society does. Single men are dis-
posed to many more diseases; hence Monks
we find, from the operation of Solitude and
Celibacy seldom live to more than the 60th
Year, & Men are very apt to become Hypochon-
driac without Society. Single Women are less
affected by single life & Solitude than Men.
Unmarried Men are moreover disposed to dis-
cuss from the Company they keep & the irre-
gular Life they lead. It has been properly ob-
served that a Bachelor's life is a good Breakfast,
a tolerable Dinner, but a ~~Intermed~~ very
bad Supper. Single Women are predisposed to
febrile diseases in common with Single
Men; & in addition to them, those diseases which
proceed from irregularities in the menstrual
discharge; also to Hysteria & Hypochondriasis.
Women add to these from Secret & unfortunate
disappointment in Love.

From the above Causes many more Deaths
occur in Single than in Married Life. Quercetius
de Med

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to Dargmon more Single Women die than married, a greater number of Single Men than ^{single} Women. More of them are Widowers than Bachelors.

Married Men soon after matrimony are disposed to fevers from a Cause which must be obvious to you all: hence more of them are seized with the Plague. (See Gibbon)

Married Women are disposed to diseases from Barrenness & Pregnancy.

Barrenness operates principally by the Mortification & Disappointment attending it. The desire of Progeny appears to be a Principle implanted in the Human Mind. Diseases from a disappointment in this, operate principally the first year after ^{matrimony} marriage.

In the Male Sex Vanity & Pride have much Influence. I knew a Lady in this City in Quiet Life & affluent circumstances, who seeing a Piquant Beggar Woman at her door, declared she would joyfully change conditions with her for the simple gratification of being with Child! Judge then how great must be its Influence on the Female System. I think in my practice I have observed Barren Women to be more subject to Hysteria -
Hypochondria

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Hypochondriasis, & Fluor Albos than others. In
Pregnancy the System goes to Increased Tonic State is
predisposed to Inflammatory Diseases; hence in this State
of the System the most acute Pleuritis occur. It
has been observed that Pregnant Women never die
of Consumption: The reason of this is plain; the
Tone of the System arising from distention, renders
it not susceptible of Inflammation or Consumption,
to Pneumonia which may be removed by Deph-
tomy (I am not sure that the last included sentence is correct)
Pregnant Women suffer more from Contagion than
others, as the Small Pox, Plague, Yellow Fever, & even
the Influenza; hence Abortions attend those where
bleeding is not very copiously used

Pregnant are subject to a Scurvy of the low-
er Limbs taken from want of exercise, & also from
pressure of the Bowels & Uterus on the Descending -
Aorta.

In giving Suck Women are liable to Pulmo-
nary Complaints (for an account of this I beg leave to
refer you to a Memoir on the Subject by Joshua
Walker in the 2^d V. of the Medical Memoirs.) fre-
quently by the sudden obstruction of the Child from
the Breast, causing a fullness in the vessels of the Lungs
mania.

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Mania

At the time when the Menses cease to appear females are disposed to many diseases. This varies considerably in the time of its appearance, & in the length of time before they entirely cease: they "Dodge" as the good women call it from 3 months to 3 or 4 years: this means an irregular appearance of the menses, sometimes occurring every fortnight, and in some cases not for months. I once knew it cease for 6 months. It generally occurs about the 37th year, but in this there is considerable latitude, in many cases not before 40, once in some 50.

The same strife takes place here between the Venous & Arterial System, which I have before observed takes place in Men between 36th & 46th year; hence they are after the ^{establishment of the} Venous Plethora subject to Hemorrhages, Obstructions, Cholera, &c. &c., bleeding from the Uterus as well as from the Lungs: from the stagnation of blood & Lymph in the Uterus. Subject to Ulcers which terminate in Cancer & Schirrhous, also a whole train of nervous diseases, with Hysteria & Hypochondriasis at their head. For a particular account of the diseases

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Diseases ~~all~~ which occur at this period of Life, I refer you to a very excellent paper on the Subject written by Dr Fothergill; the only thing that I would add to it is, that tho he mentions Bleeding in the treatment of these diseases he does not lay sufficient stress upon it: Many very troublesome Symptoms may be abated by the abstraction of a few ounces of Blood, frequently repeated.

Deformity in Size or Configuration of the Body is a source of predisposition to disease. It depends in some cases on Congenital Deformities in a part of the Body. Symmetry of Shape appears in some degree to be connected with Health; perhaps this may be the reason why we see with so much pleasure a handsome figure & Complexion. It conveys to us a sweet & pleasing Idea of Health. Deformity then disposes to Disease, by too much height, or deficiency in height, or by fat or by particular deformity from Malconformation.

Too great height disposes to all diseases of the Thorax. Persons of high stature are in general very short lived. I remember to have seen an Italian in London 22 years old, who was 7 feet

4 inches in height. The persons who took care of, & lived with him informed me that all his ~~the~~ Ancestors for a long time previous had died before they attained the 26th Year. Low Stature also disposes to Short life. Dwarfs seldom are long lived; of this I know but one Instance; it is in the Dwarf brot over by George 1st from Germany. He lived to be 80 years old.

Fat is ⁱⁿ itself a disease, & disposes to all diseases, arising from deficiency of Exercise. Few fat men attain to Longevity; 40 years is perhaps the average. I have known this disease to subsist in some persons who have been considerably advanced in Life, in consequence of which they lived much longer.

Partial deformity disposes to Disease; thus a narrow Chest or crooked Spine disposes of the Lungs & Bowels: Also disease of the lower extremities disposes to disease from lack of Exercise. Deformity is of less ill consequence in this respect in Women than in Men, as they can do better without Exercise. Montaigne says Deformity increases the Venereal Appetite, this arises from the Sedentary Life.

Georgian

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Congenital Weakness of the whole or part of the body predisposes to many diseases; hence Abortive Children are seldom healthy, though there are exceptions to it. The present King of Great Britain was a 7 month Child; & I know a Lady in this City who has enjoyed good health 60 years, tho she was the offspring of Abortion.

Of the Artificial Predisposing Causes; — These arise sometimes from diseases improperly evacuated or long cured. Intermittents or Quinsy often lays the foundation for Hydrocephalus Internus in Children; also for Jaundice Cholera, Dropsies &c.

The Metastasis of Disease is nothing more than the Consequence of one disease predisposing to another, which on the application of an Exciting Cause is rendered active.

Disease then is connected by Links. The Remote Cause which acts first & debilitates the System; this Debility is the Predisposing Cause, without which the Exciting Cause application of the Exciting Cause

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is of no avail. The Learned Gaubius justly says "Cura occasionalis non . . . nisi pre-dispositis" but when an Exciting or occasional cause is added to the Predisposing Cause, the Wrong Action, or Proximate Cause, or dis-ease itself ensues. The Proximate Cause is the last Link then of the Chain.

In my former System of Pathology, I used to go through the Proximate Cause of Diseases as they affected the different Systems, as I did not then Lecture on Practice; but I shall connect it now & blend it with the Practice of Physicians.

Thus Gentlemen I have concluded our Pathology, or account of General disease in our Pathology, the order of our Syllabus. We shall next proceed to the General & Local Diseases; but before this, we shall speak of the Proximate Cause of Death. This subject very properly belongs to a course of Pathology; tho' it has been hitherto too much neglected.

Death is the loss of the capacity for emitting vital motions on the application of Stimuli. No more happens here than happens

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happens in the Violin deprived of the capacity of emitting sounds by being broken or over stretched: This may be included in several ways. 1st By the abstraction of the stimulus of food or blood by Lemine or Hemorrhage. No more happens here than happens ⁱⁿ a Violin deprived of sound by the abstraction of the Bow. 2nd Death is produced by the excessive force of the action of stimuli. No more happens here, than happens in a Violin deprived of sound by too much pressure on the Bow. 3rd Death occurs from too much relaxation: No more happens here than in a Violin deprived of the capacity of emitting sounds from too loose strings. 4th Death may be included, by an error in place of certain Solids & Fluids in the Body: No more happens here than in a Violin in which the strings & body are brought in to contact by want of the bridge which should keep them separate. 5th Death may occur from a vitiated state of the fluids on parts which emit Life: No more happens here than in a Violin deprived ^{the power of} of emitting sounds by wet or Tallow applied to the strings. 6th Death arises

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arises from Wounds or a Solution of Continuity by Accidents. No more happens here than in the Violin deprived of the Power of Emitting Sounds by the Rupture of the Strings. 7th Death occurs from a Rigidity or Specific action of certain parts necessary to Life: No more happens here than in a Pipe where placed instead of the Strings of the Violin; the Solids of Wood refuse to vibrate, so does the Pipe Stone.

Once more, Death may occur from a Repetition of Impressions rendering the System no longer Excitable by them: we see this Exemplified in a dose of Opium which loses its effects by habit: No more happens here than in a Load Stone broken in Pieces & thereby deprived of its Magnetical Virtues.

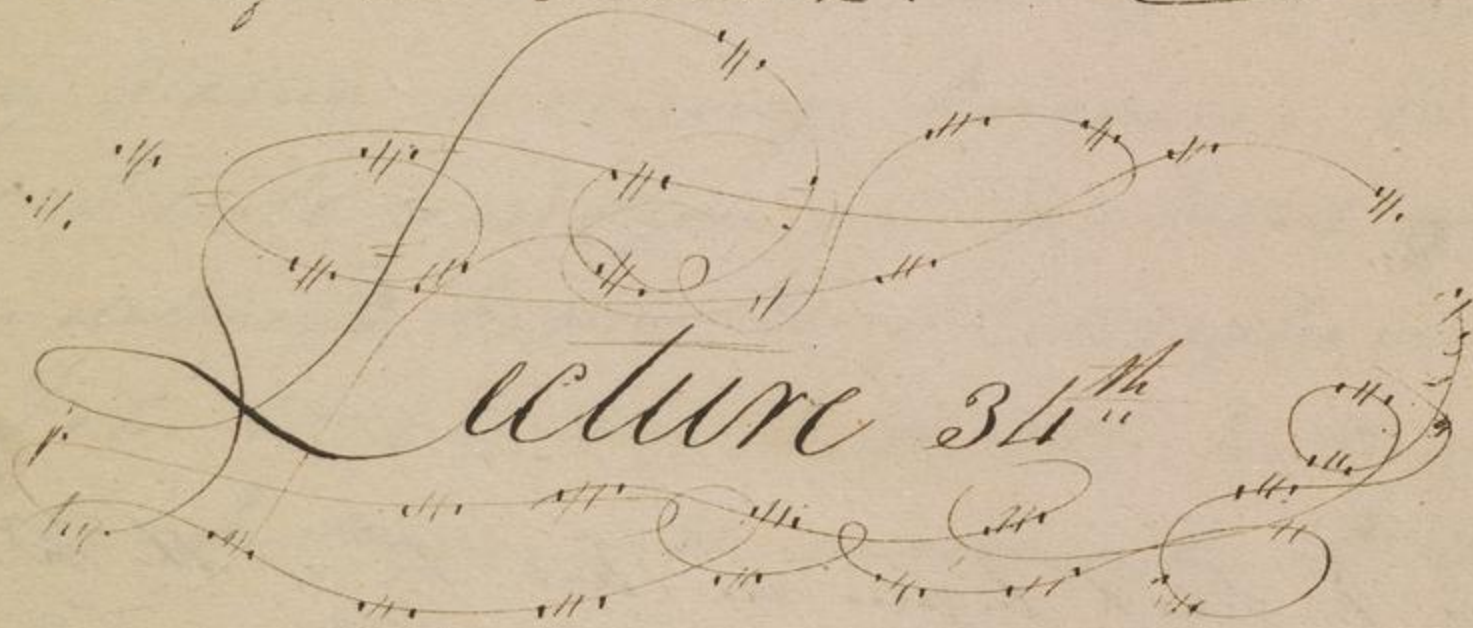
Many Varieties occur as to the Pain & Manner of Death: The Convulsions which ~~attended~~ frequently attend it, depend on an Inequality of the action of Stimuli on the imperfect remains of the Excitability. In premature Death as from disease many varieties are observable. As to Pain, in diseases of the Bowels it is greatest. Some depart from
Life

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live with as much ease & pleasurable sensation as they feel asleep. The Marquis de Mirabeau who died of an Internal Inflammation, declared he felt in a moment all the Pangs of 1000 years. Next in order of Pain are the Kidneys, Bladder, Head, & last of all the Lungs & Liver.

Of the Modes of Diminishing the Pain of Death, I shall treat it ^{future} another time. This subject has been too much overlooked. The Business of a Physician is to lessen Human Misery in every shape, & does not end till the Death of his Patient.



Therapeutics.

Gentlemen,

Having surveyed the Human Body in the healthy state when all its

This Extract begins in Vol. 1st of the W^m Lenz &
Abs. Page 45. In the present Case I understand by
Nature, nothing more than Physical Necessity &c. &c.

its motions are performed with less regularity and order; & having also taken a view of it in its diseased state, when the functions are performed with difficulty, irregularity & disorder, we proceed to take notice of the manner of relieving this diseased state; & of the Debility or Weakness or debility or weakness which follows Disorders & follows it, called Therapeutics, or the Method of Mitigating & Curing diseases, or in other words the Principles of the Materia Medica, or the action of Medicines.

The first article under this head in our Syllabus, is, to take notice of the supposed power of Nature in curing Diseases. On this subject I will read you an Extract ~~from~~ an Oration delivered before the Philosophical Society in Feb. 1774 (Vid. Hist. Nat. Hist. of Med. among the Indians of N. America, by D. R.)

What I have there said is the result of near 30 years Study & reflection. Thus then Folly & Vice are the consequences of following Nature, not only in Medicine, but also in Politics and Morals. The reason of the present Corrupt in the European World is the want of the Influence of Religion

* Dr Rush made some observations on the propriety of making Indications of Cure from the external design of Nature in the case of Erysipelas. If for Instance, there be a determination to the Skin, as in Bubo, we should favour the disposition to the Surface by Bleeds: If Hemorrhage come on we must have recourse to the Laxative &c.

Religion & Morals in the new Form of Government.

I will first give you an Article of advice with respect to Diet, that is, to treat her in the same manner you would a noisy Dog or Cat in the Chamber of a Sick Patient, viz. turn her out entirely & shut the door before you prescribe for your Patient.

Before I proceed to treat of the Cure of Wincos, a question of a Nature novel & Important occurs; Are there any diseases which ought not to be cured? I answer them as, & shall briefly point out a few of them, 1st In Infancy when frequently appears Eruptions on the Head & Diarrhoea, when moderate should not be checked. 2^d The bleeding piles in men be aged & old men. These ought not to be cured without occasional bleeding from other parts of the body is substituted in its room. 3^d A Diarrhoea ought not to be too suddenly checked. 4th Intermittent Fevers which occur in Malarious ought not to be checked, they frequently cure Malaria. Dr Bond was well acquainted

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acquainted with this fact; he used to send some of the Lemaitre Patients from the Pennsylvania Hospital to a very unhealthy situation in Gloucester County about 6 miles from this place - where they contracted the Acute Intermittent Fever which frequently ended their Periodical complaints. I have known many Cases of a similar kind. Dr. Monro's Daughter passed thro' this City some time since on her way to Canada; She had Consumption, on going to Canada, her Consumption was cured & a Monia ensued, which ended at last at the suppression of the Symptoms of the former complaint. Ascites should not be cured without the greatest caution after it has lasted for many years or months, as the vessels become incapable of contracting after they have been so long distended. The Successive Cure of an anasarca has produced Monia.

Dr. Cullen commences with the Consideration of blisters in his *Materia Medica*, proceeds next to Stimulents and then to Secretives. This order I invert,

Sedatives are such Medicines as are
valuable

calculated to lessen action, of course they are to be used in all diseases of much action, & of 10 of the diseases we are called to require diminution of action.

Stimulants can only be used where the action is so feeble, that the action of the stimulus may overcome it. I shall therefore place Sedatives first. 2^d Stimulents as they are used after the diseased action is relieved; & 3^d Aliments as these are the best species of Stimuli (most permanent) for the removal of the Debility left in consequence of the Disease.

Before I speak of the remedies for diseases I shall observe that there are some remedies to be used to prevent diseases, to strangle it as it were in the forming state: These are Gentle Stimuli or Cordials, also Rest: These are to be used in the forming state only. No disease comes on without a Predisposing Debility; in this state, these Gentle Stimuli will frequently obviate it. 99 of 100 diseases might be prevented in this manner. A gentle Sweat, Glasp of Wine, &c. are generally used for this purpose. The Remedies which act by abstracting Stimulus are, Rest, Absti-

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Abstinence from Food, Bloodletting, Sweats, Vom-
 it, Purgs, Diuretics, Darknes, Silence, Cold,
 Fear, & in general the other Sedative Passions of the
 mind; they act by abstracting Stimulus from
 the diseased part, either Directly or Indirectly.

The Medicines which Induce disease by the Ab-
 straction of Stimulus in the other way are Nitre
 Digitalis, & certain preparations of Lead.

I shall speak more fully on this subject when
 we come to treat of Inflammatory fever. They act by E-
 qually diffusing Excitement thro' the System.

3^d The Remedies which Relieve morbid
 action by exciting a stronger action & healthy
 one, are, called Stimulants; they act by conver-
 ting Excitability into Excitement. We understand
 the action of Stimuli. It may be necessary to Re-
 mind ^{you} that there can be but one action in the
 same System at the same time; Take notice ~~for~~
 I say in the same System, for there may be 2 ac-
 tions in ~~Different~~ Systems at the same time; thus
 there may be action in the Bloodvessels & Bow-
 els at the same time, as in Dysentery accompa-
 nied with fever: there may be action in the
 Bloodvessels & Nerves at the same time, as in
 convuls

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Conclusions & fever: There may be action in the Bloodvessels & Lymphatics, or in Serophules, or in the Receptacles of the Skin, or in the Muscles & in the Small Cox. Here I differ from ~~Dr~~^{Dr} Brown and Mr. John Hunter. They assert that 2 actions cannot take place in the System at the same time; but this must arise from Superficial observations.

2^d No two actions of equal force can exist in the same System at the same time. In some Cases it is said the Small Cox & Measles may exist; but this is false, they act in succession: They are Evanescent, & the appearance of the remains of the one disease remains on the Skin while the other acts.

3^d All Stimulents act more or less powerfully on one of the Systems: This fact I have had occasion to remark in our Pathology, especially when treating of Poisons. It is surprising that this fact should ever have been called in question; Vomits, Purges, Mercury, Counterpoisons daily prove it. A Barrow relates a Case in which a woman who had a Palsy of one Leg could not feel the Prick of a Pin, but distinctly felt the painful

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paroxysmal sensations from a warm Stove; When Stimuli then do remove Morbid action, they do it by over powering it: Suppose for example, the disease existing to be as 20, the force of the Stimulating Remedies applied as 30, this action which is Superior in force overpowers the Morbid action, & the System is restored to health.

It is frequently said in some Cases the remedy is weaker than the Disease, so it ought to be or it could not over power the Disease. Hence the propriety of Bleeding in ^{cases of} violent Morbid action & Depletion before we exhibit Stimulents, as the force of Morbid action is somewhat weakened before the Exhibition of Stimuli, which of course acts with greater force from the increase of Excitability which the debility causes. When Stimulants do not remove Morbid action, it is because the force of the disease is greater than that of the Remedy. Suppose for example the disease at 30, the Medicines used stimulate with a force as 20. Here then the Remedy not only does not remove the Morbid action, but increases it; hence we account for strong Stimuli overcoming weak Morbid action & increasing it in

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it in other cases; This we see exemplified in the use of Lancelotti & Bark in the case of Intermittents, before morbid action is great it effectually removes it, but when it is violent it adds to it: hence too the Vomits, Wines, & other Stimuli overcome the morbid action from Contagion in slight cases; hence too the propriety of using in one disease, remedies apparently opposed to each other, as Bleeding before the exhibition of Stimuli. Dr Sydenham never prescribed Lousis without the previous Evacuation from a Surge Wound & the like even in Chronic cases.

Stimulants are many in number, for on account of them I refer to Cullen's Catalogue I shall only add a few remarks on the proper manner of using them. 1st Begin by reducing the System by evacuating Repletion to the Stimulating Point; this depletion increases the Excitability of the System, & renders less quantity of Stimulus necessary, hence the propriety of Dr Sydenham's practice in this respect. Dr Darwin's practice is proper in this respect. 2^d In cases where there is great accumulation of Excitability in the System such as in such diseases, begin with

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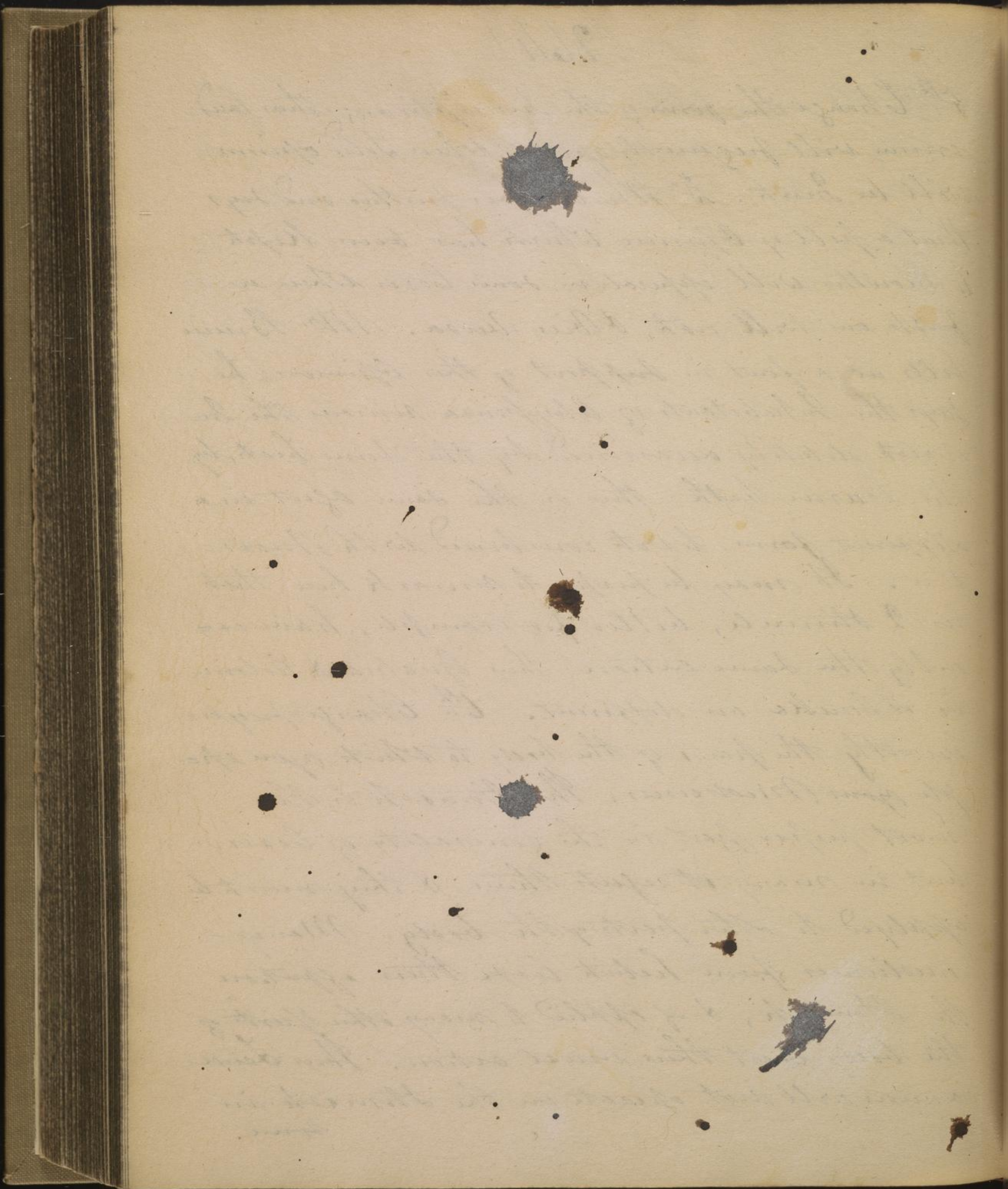
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with the use of Stimuli in small doses & gradually increase it till it surpasses the force of the disease: thus in the commencement of a fever, 5 drops of Lancelamm will procure sleep where 50 will do harm, but in cases where there is no great accumulation of Excitability you should begin with large doses, as in cases of febrile fever: In this disease at its commencement Dr Robinson prescribes with great advantage 2 or 3℥ of Bark here the action of the Antiseptic loses force, & this action overcome by the ^{stimulus} ~~action~~ of the Bark; where this fails in the commencement in the case of Typhus, it is owing to the Stimulus of the Bark being disproportioned to that of Morbid action.

3^d Don't combine too many Tonics at a time together, you will be able to contend longer with the disease. To prescribe them all at once is like discharging all your arrows from your quiver at once instead of singly.

4th Use Stimulants in rotation, prescribe Opium first for example, when this begins to operate freely from repetition, prescribe Ethers, then Wine & so on in rotation; after they are all exhausted begin again with the first, & repeat them all.

5th Change the form of the Prescriptions; thus Laud-
 annum will frequently operate when Solid Opium
 will be inert. Dr. Whitt goes further and says
 that a pill of Opium which has been kept
 6 months will operate in some Cases when a
 fresh one will not, & Vice Versa. Mr. Bruin
 tells us a fact in support of this Opinion; he
 says the Inhabitants of Abyssinia remove the In-
 direct debility occasioned by the same Lact, by
 the same Lact: this is the same effect in a
 different form, to wit combined with mois-
 ture. It may be proper to remark here that
 no 2 stimuli, bitter for example, have ex-
 actly the same action; thus Guaiac & Colom-
 bo or Sassa are different. 6th Change frequ-
 ently the parts of the body to which you ap-
 ply your Medicines. The Stomach is the
 most proper part in the generality of Cases,
 but in many it rejects them, & they must be
 applied to other parts of the body. Many
 medicines from habit lose their effect on
 the Stomach, & if applied to many other parts of
 the body exert their usual action. Thus Lau-
 dannum will not operate on the Stomach in
 some.



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Some Cases in a dose of 2℥ss When Lb-
drops thrown by a glyster into the rectum will
ease pain & produce Sleep. 1000 S

* Lobelia in 2 cases excited Nausea when used on one
side of the Mouth not accustomed to its presence.

in some Cases in a dose of 200 drops, When 40 drops thrown by a glyster into the Rectum, will ease pain & produce Sleep. Bark when rejected from the Stomach, will often produce all its salutary effects on the Skin by a quilted Waistcoat. 7th Intermit the use of remedies in Chronic Cases. The System becomes insensible to the action of Medicines long continued, & by Intermitting the use for a while, they act again with Vigor; thus when 20 grains of opium will not induce Sleep by habit, a dose of 2 grains, after the use has been discontinued for 2 months, will produce all its effects. 8th Always keep your Eye on the 4 Temperaments; they should influence all your prescriptions; thus in the Sanguineous you would prescribe Bloodletting & Depletion with less caution & to greater extent than in the Phlegmatic, here you may use Stimuli with less fear. In the Nervous you may deplete freely. In the Bilious Stimuli should be given less early, as it would increase the quantity & perhaps the acrimony of the Bile. When you have done with the Specific Stimuli, prescribe such as will accord with the Excitability & Excitement of the

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of the system. When I was treating on the sense of
 hearing, I remember that ^{in all sounds} it was necessary for ^{the} ~~the~~
^{ear} ~~sounds~~ to vibrate with the air: the same op-
 eration as to stimuli will apply to every part of
 the body: I mentioned the case of a Lady whose
 ear would vibrate with the sound from the re-
 port of a musket, but was insensible to the
 greater noise of the explosion of cannon; she was
 deaf to the loud sounds of conversation, but
 could hear distinctly the softest notes of vocal
 music, or a pin thrust through a paper.
 The system must vibrate with medicines before
 they can produce their salutary effects: This I have
 known a case of dropsy cured by Parsley Tea.
 Now we well know that this is one of the most
 feeble diuretics: Berberis has cured the Scrophu-
 -la. Dandelion has removed Pulmonic com-
 -plaints: Pennyroyal has relieved the an obsti-
 -nate nervous affection. Who has not seen
 Castor oil & Salt Purge in cases where Calomel
 Gamboge, Jalap, & a number of the most stron-
 -g purges have failed. The system must
 vibrate with the system before they can op-
 -erate. 9th In the Exhibition of your
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Medicines, choose the time of day; the morning is the best time as the System is then more Excitable, & the Stomach is then empty.

10th Stimuli apparently the same are in some cases really different, & not produce the same effects; thus heat in the different manner of hot air & the warm bath acts differently - Opium acts differently in the different forms of Linctus & Pills; and Pills are active in proportion to their age (from erysipelas)

Next of those Medicines which act by removing Morbid action from one part of the body to another less essential to Life. Here I agree with the practice of all Physicians: Like the Country . . . turned Citizen who was delighted after finding that Language consisted of 2 kinds, Prose & Verse, to find that he could write prose without studying it. I may be pleased to find that I can coincide with the opinions & practice of Physicians in this Point of every Sect & System; Thus they all concur (perhaps without knowing why) a disease of the head by exerting in the Bowels a Diarrhoea. Morbid
excretion

affections of the Viscera be all relieve by exciting
 disease on the Skin by Blisters. Natural Hem-
 orrhages be all relieve by exciting artificial ones
 by bleeding: Dropsies by exciting both Diuresis
 a determination to the Kidneys. Morbid action
 in the Brain is relieved by exciting it in the mouth
 in some of "Salivation". In the Lungs be produce
 vomiting which relieves it. Webster relates a
 Case of a Man who was cured of ^{an} Apoplexy by a
 severe flogging, because he refused to be Bled: for
 an account of Cases of this kind see "Bartholine
 de Verberibus". Many similar cases could be
 mentioned where not only Morbid Excitement
 but even that most distressing Symptom of it Pain,
 can be removed by new impressions; hence
 this is lessened by Irritation of the Trachea in Cry-
 ing: Hence the Mule of estimating fortitude by
 the silent suffering of pain, is hurtful. I
 have heard of an account of a French Mar-
 quis who had been a Soldier, & thought it
 unmanly to cry during the operation for
 the Stone, he bore it without a Cry or Groan
 but expired immediately after. Hence Soldiers chew
 kutch to lessen the pain of a Flogging; & Homer in
 forms

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Homer informs that the Wounded Soldiers bite the ground to relieve the anguish of their wounds. The French have adopted this mode of expression in accounts of their victories, "We made such a number bite the ground!" It is in this manner, as we read in the New Testament, that the pain will be lessened in the damned by "weeping wailing & gnashing of teeth."

Dr. Hartley relates a Circumstance of strong impression overcoming weak one. Give a Dog a dose of that most active Emetic Must Vomica, & immediately afterwards a severe Whipping, & it will not operate.

These Facts Gentlemen are of immense application in medicine, & deserve your close attention: They serve to shew you 1st That your medicines must be of superior force to the Exciting action to overcome it. If this cannot be done you must lower the System by depletion to the Stimulating Point. At a future Period I shall take notice further notice of this Point, & endeavour to prove to you that the whole of a Physicians Skill consists in a Knowledge of these Points. Thus in Angina Pectoris no one will prescribe blisters

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Blister till the System is relieved by bleeding to the blistering Point.

2^d They teach you to choose parts less essential to Life than that in which the disease exists to excite action in. The Bowels, the Throat & the Skin are the most convenient outlets for morbid action from the System; But even here caution is necessary; for a Mortification from a blister, or a long continued Diarrhoea from a Purge will much injure your Character; & in the Exhibition of Vomits to conduct it thus the Throat, be careful to Enquire if your Patient has no Predispositions to disease from Rupturing &c. Ruptures sometimes have occurred from severe Vomits, & Hemorrhages from the Stomach of a very alarming Nature sometimes occur; but in a general way the Stomach & Bowels may be safely used in this way.

3^d They teach you that when Morbid action is Languid to renew it at another part, as painful Sensations by repetition become pleasurable, & pleasuring Sensations lose their force when long continued, as is seen in Tobacco &c.

Among Stimulants I include the Stimulating

Stimulating Capions; these we well know exert an influence on the Body; thus the toothache is cured by a sudden Paroxysm of Joy.

We must proceed to treat of the Remedies for the removal of Debility which invites the recurrence of Disease. This is an important Indication. Altho' Debility be not a disease yet in many cases it is worse than a disease. Many people die from mere debility after the removal of Disease; hence we use Mercury to obviate the debility remaining after the Yellow Fever.

The Remedies for Debility are Stimulants as I have formerly remarked. I shall here lay down a few rules for their proper Exhibition First, Prescribe less of a Stimulus to ^{remove} ~~overcome~~ Debility than to overcome an actual Disease or Morbid action: Thus if you would prescribe ʒij of Bark for the removal of disease, you should prescribe but half an ounce 2 or 3 times a day to obviate Debility. (Perfor such as are most durable in their effects, Calomel is preferable to any other Stimulus. ~

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Lecture 35th

In prescribing Aliment the following Circumstances are to be attended to. 1st When you ^{use} ~~prescribe~~ Aliment as a Tonic, prescribe such as is most pleasing to the Taste & Stomach of your Patient; but in some Cases there is a want of appetite. What is to be done here? Still prescribe food; the Stomach is frequently capable of digesting when there is no appetite or Relish for it. We never wait in prescribing Salts or Castor Oil for an appetite or Taste for the Medicine; no more should we for Aliment.

2^d It is of great Consequence in prescribing Aliment as a Tonic, to use it 5 or 6 times instead of 3 times a day; & even where the Patient wakes in the Night he should eat a little. Thus it is you exhibit Medicine, & thus it is you should prescribe Aliment when you use it as Medicine. The Stomach should never be Idle, like

like a School boy unless constantly employed, it will be doing mischief. In all Chronic complaints it is of the greatest consequence. In Hypochondriacs it should be particularly attended to. A full meal should be avoided as Poison or Death.

3rd Regulate Diet according to the Excitability of the System. In Convalescents this is of great importance; they should begin with vegetable food, next weak broths, then Oysters, then Eggs soft boiled; then they may proceed to Wild Meat, afterwards domestic meat boiled, & Lastly Roasted. This is the Scale in which they should be used.

4th Prefer Solid to Liquid Food, & Satt meat to Fesh when you want them as Stimulants. I knew a Lady in whom abortion proceeded from debility, & who was rendered prolific by a diet of Satt meat continued for 4 or 5 months.

5th Prefer such food as is less Nourishing to that which is more so in debility; As in debility the blood vessels are relaxed & liable to Stethora, hence prefer Solid to Liquid Food as the last makes more blood than the former, broths more than meat.

6th Certain drinks may be considered as a part of diet.

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of Stimulus, & come in here; Of these the most nourishing are Malick Liquors; next are the white Wines, then the low Red Wines, as Port, Claret, Burgundy, & Pomona Wine commonly called Cider.

I shall not here take notice of Ardent Spirits, they are the least nourishing: But Patients had better die at once than have a few months respite from this detestable Bannorian Medicine.

^{of the} The hot & Cold Bath is used in Cases where there is a waste of Excitability. The Cold bath is used where ~~there~~ excitability is accumulated; they both act as Stimuli. The warm Bath acts directly as a Stimulus; the Cold bath Indirectly; its first action is Isolative accumulating the Excitability still more; the heat of the surrounding air, & the Exercise of dressing act with Increased force on the accumulated Excitability, & convert it into excitement. However paradoxical it may sound, it is a fact, they both act as Stimulants.

I shall deliver a few Short directions concerning the use of the Cold Bath. 1st The Cold Bath to be useful, should be preceded by the warm bath, as the excitability will be thus increased

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increased, & the cold will produce a healthy Excitement (Indirectly) 2^d It should be tempered by having stood in the Sun, or stood all night in the air, or by the addition of warm water in small proportion. -

3^d To be useful should be used 2, 3 or 4 times a day. 4th Exercise or Friction should be used after it. 5th The Patient should bathe in a warm room if the weather be cold.

6th Exercise holds a high rank among the Remedies for Simple Debility. Exercises have been divided into Active & Passive. The Passive are Friction, Rocking in a Cradle, Swinging, the Chamber Horse, Sailing & the like. The Active are Walk, Walking, Amusement, Labour &c. Some Species of Exercise partake both of the Active & Passive, as Riding on Horseback, & in a Carriage &c.

The following advice should be followed in the use of Exercise. 1st In Cases of extreme debility, Passive Exercise should be used, as Friction, this should be used with flannel moistened with some gently Stimulating Medicine, as Brine Camphorated Spirits & the like, just sufficient to produce a slight irritation on the skin. The Chinese use Myrror & Stannum for this purpose. Perhaps
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Perhaps our discoveries on the Electroid fluid, may at some future period throw light on this subject. The Chinese make much use of Friction in some cases with the dry hand. They often ascribe its stimulating effects by pounding slightly on the Patients body, as to give gentle pain; they call it "Cham Fooning". It is said to perform wonders in removing Debility; old men use it very much, & it is said they look 20 years younger after the application of Cham Fooning. Rocking in a Cradle is the next popular exercise; it is certainly useful in removing Debility. I knew a young Lady cured of Pulmonary Consumption by this Exercise. The Chamber - Horse, Swinging, Sailing &c. are all of this kind & operate much in the same manner. The time may come when Sailing in the Balloon which is now only used for the purposes of War, may be a common remedy in complaints of feeble morbid action; the purity of the air, the gentleness of the exercise, the change of objects & prospects, & above all the influence it would have on the Passions of the Mind, would concur to render this a most useful & agreeable mode of Exercise. Mr Blanchard informed me that the Anesthetics he experi-

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experienced in his ascension in the Balloon was the most exquisitely pleasing he had ever experienced. Riding is partly active & partly passive. It has been much recommended for the cure of many Complaints, of the Stomach, Bowels, Lungs &c. It has been much extolled in Pulmonary consumption. To be useful it should be continued for a long time, for months. Dr Sydenham takes notice of its great use in Pulmonary consumption. He says the Bark is not more certainly a Cure for the ~~P. Consumption~~ Intermitting Fever than riding on horse back for P. Consumption. I believe this in some Stages of the Complaint, before it is perfectly formed, but after that I must think with Dr Reed that it does harm.

Walking is fit only for Slight Indisposition; it frequently obviates these. It is rather useful in preventing them turning into diseases.

In all the above Cases of Exercise, great care should be taken to prevent their being used to such extent as to induce fatigue. This is the reason why the remedy has fallen into disrepute. They must always be accommodated to the ^{Patient's} State of the System. — Exercise should never be used (or very seldom) before breakfast

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Breakfast. The various stimuli of animal life must have produced some excitement before they should be used.

9th Traveling is an agreeable & useful stimulus; its good effects depend on the bodily exertion connected with it, the change of air & constant succession of new objects.

Change of Climate is a useful stimulus for removing Debility. It acts by the alteration in the Temperature & Qualities of the air. Also by the change of objects & New Acquaintances, breaking the chain of associated Ideas, & notions. 2^d By change of air the diseases are cured which were used to

... those of Summer to Mid-winter & Vice-versa. 3^d By a change of operations or exercises, this has a singular Influence on diseases. I once cured a Father of a Chronic obstinate complaint by advising him to change his business; he died, & turned Iron Worker a few years, & is now living in perfect health. 4th The change of Dress has an Influence on Debility. It operates further by a change of sounds &c. The same sounds the same

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same objects presented to our Eyes &c. have a great influence on preventing the removal of Debility. as

10th Cheerful Company; Light Reading - Pleasant Stories: A pleasant Study &c. But in all these great care must be had to avoid fatigue.

11th Advise your Patient labouring under Debility, to go to bed early: they avoid thus sitting in close rooms & air Phlogisticated by Fire Lamps.

12th To avoid Night air & Unnery; this is probably the principle source of the great efforts which Travelling produces in married men. —

13th To accommodate Diet & sleep to the state of the weather; this is of great consequence. Flannel & Cotton should be worn next the Skin. Women suffer much from Cold. They should wear flannel drawers in winter as well as Men. Tight Ligatures in Dress ought always to be avoided.

14th Feather beds relax & therefore should not be used by Invalids: They should sleep on Mattresses.

The Medicines to be used in the Debilitated state of the System, are, first Bark and Steel

and Steel: Those of Loper, Effruay, Garlic Oil of
 Amber, Mallows, Turpentine &c. They all act
 usefully, & should be used in large quantity with
 food. Mercury is of great use when you are
 afraid they will not answer ~~the purpose~~ & where
 Obstructions are to be cleared from Languor of
 Circulation: & in general all tonics may be
 used but regulated by the state of the System.
 Remember that Debility is the next door neigh-
 -bour to Disease. The Instant you see mor-
 bid action, you must omit Tonics till you re-
 -store the System by Repletion.

As yet we have only considered those
 cases of debility in which the Patient are able to
 walk about. We are next to speak of it in
 a greater degree, as occurs in Syncope, Palsy,
 & Asphixia. In Palsy there is a want of In-
 -sensation; the Remedies must be different.
 In Syncope the moderate Stimulus of a
 few drops of water (cold) in the face, will be
 sufficient to revive person in this State.

In Asphixia when it is produced by ex-
 -treme cold, the Body should be Immersed in
 cold

* I think Dr. Physics method much better. (Biele Notes
on Physics Lectures.)

Cold water, which is warm in comparison with the body. In Palsy I suspect the reason we so frequently fail is, that we do not accommodate ^{our} ~~the~~ Stimulus to the Excitability; Thus gentle friction with the hand has cured Palsy in which more active Stimuli have been used without Relief (Case of a Lady) But in Cases where both the Excitement & Excitability are exhausted, more active Stimuli will be required, as Canthar, Red Hot Iron, & Boiling water.

Pain protracted into Torture is of great use in some Cases of Atonic Mania: But where the Excitability is entirely gone, this State of Animal Matter is called Gangrene: The only Remedy which can be employed is gentle tonics to the surrounding parts, which stimulate them to throw off & separate the ^{gangrenous} ~~surrounding~~ part; these are Turpentine, Fermented Cortex, & I have lately heard of Tobacco: The Internal Stimuli are, Bark, Opium, Wine, Garlic, Decoction of Mat-low: When the Gangrene is local, & there is general Disease, Bleeding & Depletion should be used.

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Next of the Remedies which remove disease by mixing with & Destroying, & by removing matters ⁱⁿ the body by ~~removing~~ ^{mixing} with & which offend by their Quantity or Quality. These are matters collected in the Stomach & Bowels, Nose Bladder - Cellular substance. The Substances thus collected are, Mucus, Acid, Pus, Water, Calculus, Matter &c.

The remedies to be used for their discharge are Vomits, Purges, Diuretics, Anthelmintics, Deobstruents, the Repleting Remedies, & Surgical operations. The Medicines which act by mixing with the Substances which offend by their quality & thereby Neutralizing them. These Medicines are numerous, & originated at a time when it was supposed that disease depended on these morbid matters altogether.

If an Acid prevails in the Stomach, Magnesia Lime water, Milk, Vegetable Alkali, & Animal Food are the remedies. Where there is a superabundance of Bile it is to be removed by Purges.

Calculus in the Bladder; according to Mr. Scheele

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Scheele, the Basis of their Concretion is Acid, & may be Neutralized, by Lime water & Vegetable Alkalies. Whether these Substances do act by Neutralizing acid or not, I much doubt. The Petriolic Acid has been used. Mercury is supposed to suit with & destroy the Poison of ~~the~~ Venereal disease, & with some probability, as no other Evacuation answers the purpose; but many facts make it improbable that the same thing ever happens in Calculus.

To allay Coughing, & assist the discharge of mucus from the Lungs & Trachea, Medicines called Demulcents have been used; these are Flax seed Tea, Mallows, Barley &c. These demulcents are also used to diminish the acrimony of the contents of the Bowels.

Sulphur & Mercury it is said, cures the Itch by uniting with & destroying it.

I formerly mentioned certain abstractions which I told you were the effects, not the Cause of Disease; that they only produced disease by reacting on the System. The Remedies for removing these are called Deobstruents. ^{1st} Bark & Steel where there is no morbid Action. Bark has cured Syphilis, but when the disease remains stercorant

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Stimulants are as Improper as in Lonic Mania
 Mercury & Exercise have been used with advantage;
 Abstinence from food, & depletion in general are to
 be used where these obstructions are attended with
 action. The Cold Bath has removed obstruction of the
 Liver & Spleen. Arsenic as an External application
 acts powerfully without destroying the Texture of the
 part; but as I just observed Bloodletting & deple-
 tion must be used where Morbid action exists; I was
 led to this opinion by observing the good effect of Scars
 in Cancer, which act by abstracting blood. In cases
 of congestion of the Venous certain External applications
 which do not destroy the Texture of the Part have been
 useful. Fear has a powerful influence on Scirrhus
 Tumors. Those cases of Scrophula which have yield-
 ed to the Royal Touch must have been cured through
 the medium of this Passion. I shall conclude this
 subject with observing that all Chronic obstructions
 are the effect of half cured ~~Chronic~~ ~~obstructions~~ Inflamm-
 atory diseases. Bloodletting when used in the dis-
 ease infallibly prevents them; I seldom therefore
 meet with them in my practice.

Of Medicines which Supposed to act by ~~changing~~
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changing the nature of the Fluids or the Texture of the Solids: For an account of these I refer you to Dr. Boerhaave's publication on the use of the Gases. The Subject is new, & I went for ^{more} facts before I can form a Satisfactory Theory. At present I reject them. The Aerial Theory, like the Saliva Pathology of Boerhaave will have its day & follow the fate of the former.

The next Subject in the order of our Syllabus is, the Remedies which remove Pain. This desirable object is only to be attained by attending to the State of the System: For Pain is not disease, it is not by any means to be neglected. Opium where it eases Pain does it by its excessive stimulus producing Indirect debility, & thus reduces the System to what I before called the Sleeping Point. But where Pain occurs in diseases which by their violent action induce Indirect Debility, Opium would increase Pain, & here Ease can only be produced by reducing the System by Bloodletting to the Pleasurable Point. In exhibiting large doses of Opium to relieve Pain, Care should be taken that no danger would result from Effusion in parts essential to Life; hence the Remedy is dangerous

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dangerous in diseases of the Head, Lungs &c. But may be safely used in Rheumatism, external inflammation, as in Phlegmon & Bruising, because the Fracture discharges the morous effused. 2nd - Bleeding often relieves pain immediately; it should be tried when the Pain is acute, as Headache, Cholera, Rheumatism, Gout &c. it relieves before the blood is done flowing. 3rd Fasting, this has a singular influence in lessening Pain. Dr Priestly mentioned the following curious fact to me concerning this. While in Germany he was told of a person who used to obviate all Pain from the Back by Fasting 2 or 3 days before he was to be Tortured. It is probable that such as die of Famine suffer no pain after the first 2 or 3 days during this time the Pain is Exquisite. 4th Cold water cures Pain accompanied with morbid action; of this there are thousands of ^{Witnesses} ~~Experiences~~ in this City who experienced its wonderful effects in relieving the Pain of the Yellow Fever of 1793 where the Headache was very violent, it was generally in Pain of the head, clothes wet with Cold Water were applied to the forehead; But in many cases it was used in form of Glyster, & with great ease to the Pain of the Intestines

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Intestines which sometimes occurred. 5th Warm water acts in many cases as an Anodyne; the Pellitory sometimes relieves Pain in Cases of moderate Moderate Morbid action, or slight Headache. 6th Certain demulcents lessen Pain, as Poultices mixed with Sweet oil; Sweet oil alone in cases of moderate action; also gentle friction in similar Cases; thus Nurses frequently relieve the Bellyache in Children by moderately rubbing the Abdomen. 7th Sea Breams assay Pain of moderate, also Cheesepot Society. Biting. Crying: Howling; gnawing the Teeth all lessen Pain in a manner formerly mentioned. ^{grasping} ~~Grasping~~ firmly on any substance lessens it; thus the Pain of Cramp is often mitigated by holding firmly a Roll of Brimstone. It acts merely by the force with which it is pressed which is sufficient to break it in this Case. Compress = much has a great Power in Mitigating Pain.

General Kosciuszko informed me that he mitigated the Pain of his Wounds in a Russian Prison, by the Mechanical business of a Turner, at which he amused himself. In the Case of Sulphur, can it act by conducting off the Eccretoid fluid from the System? It is said the

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The Sulphur Cracks in this disease & not in any other;— Subsequent discoveries may instruct us on this point.

Pain has been relieved by Animal Magnetism, as by Perkins's Metallic Points; How can this act? I answer, in cases where the Points are used, by exciting an Irritation on the Skin, and thus inviting the Pain to the surface, for a Comb or any other irritating thing will answer equally well. But where these are not used, it acts by concentrating the Mind to one Subject, which I before said is sedative, & Reduces the System in many Cases to the Sleeping Point, as in counting a hundred backwards.

The last Article we are to treat of under the head of Therapeutics is, the Mode of attaining Longevity. This is by no means foreign to our subject. There is, as I have before observed a constant tendency to Death, & it is the business of a Physician to determine in what proportion Stimulus must be applied to Excitability to produce a sufficiency, without excess of Excitement.

All that need be said on this Subject may be summed up in a few words. They are to preserve

preserve a due proportion constantly between Stimulus, Excitement & Excitability. What would in some Constitutions preserve Life, will Infinitely destroy it in others. To enumerate the different Stimuli & their action would be to repeat all that has been said in our Physiology. I shall only observe that the Diet, Dress, Drink, Occupation, Study, Exercise, Amusements &c. &c. should be proportioned to Excitability & Excitement, & in every Case accommodated to the State of the System. For further observations I refer you to the 2nd Vol. of my Medical Inquiries & Observations.

Here then we finish our account of Therapeutics, or the Principles of Materia Medica.

I cannot dismiss this Subject without expressing my regret that the few books which have been written on Materia Medica are Empirical. I do not here except even the Materia Medica of Cullen himself: They none of them have sufficient attention to the State of the System, of course they all differ as to the operations & doses of Medicines, & yet perhaps each writer may advance nothing but what is strictly true; & yet from the different States of the System, cause the contradictions observable in them.

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It is absurd to say such a Medicine is good in such a disease; the effects of all Medicines are Relative. The effects of Opium are entirely Relative. Opium relieves Pain & induces sleep, but there are States of the System which I have before noticed where Opium increases Pain & induces obstinate Wakefulness. Bark Cures Intermittents, true, but there are States of the System in which it increases the Disease, as the hot stage. Similar facts may be mentioned of every Medicine in the Materia Medica; they all act Relatively: When I hear then of Bloodletting being useful in Fevers; of Bark being good for Intermittents; of Mercury - curing Symplicia Trachealis, of Borax being good for Mania, & Opium in Dysentery, without specifying the different States or even particular Stage of each of these diseases; & the Symptoms which occur in them, I feel as if listening to regular bred Empiricism in Medicine. I have compared such Physicians to the Bermudian Sailor, who threw out Shingles from the Ship in order that he might be enabled to find his way back to one of the West India Islands. The action of the Winds on the waves are not more certainly

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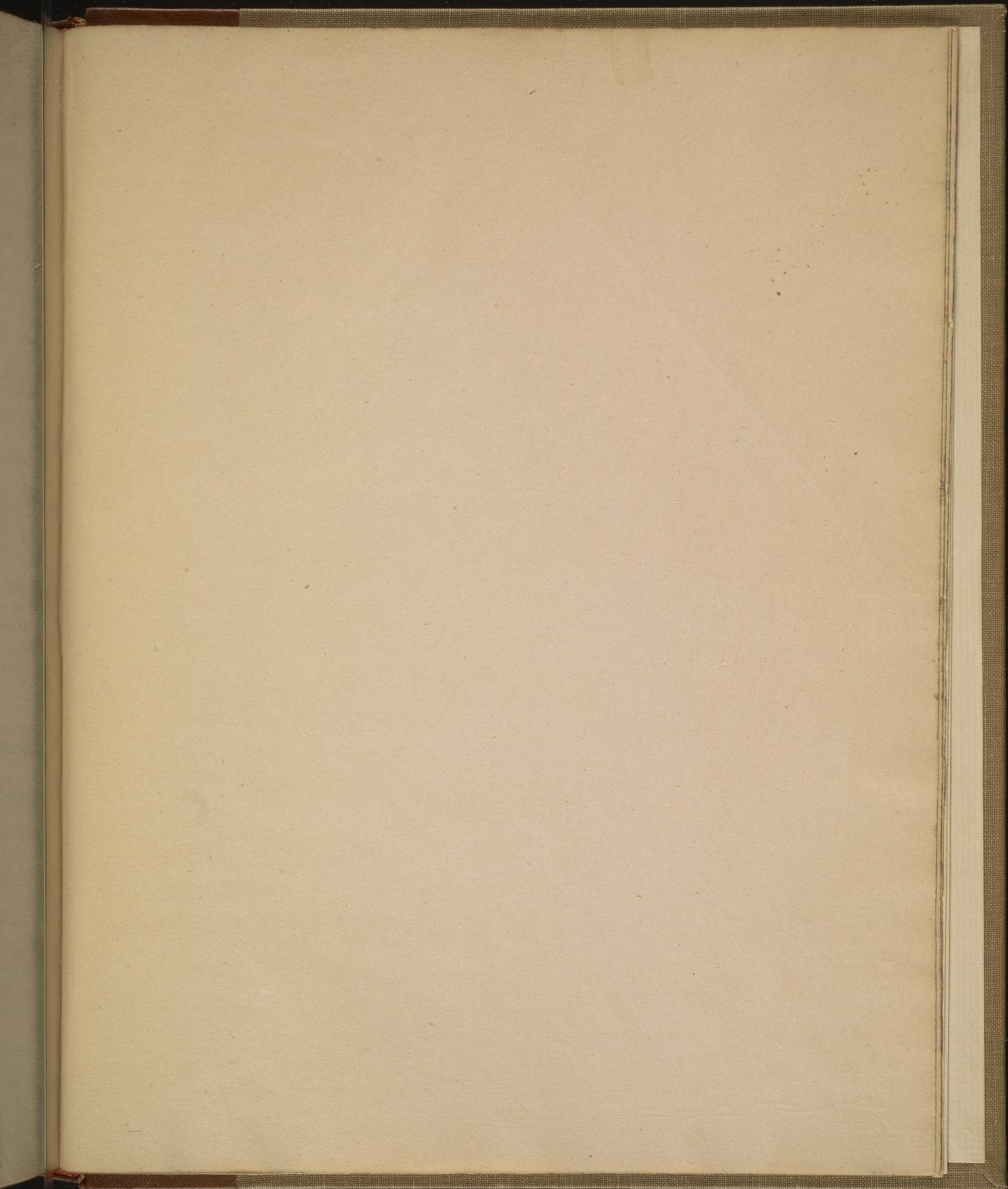
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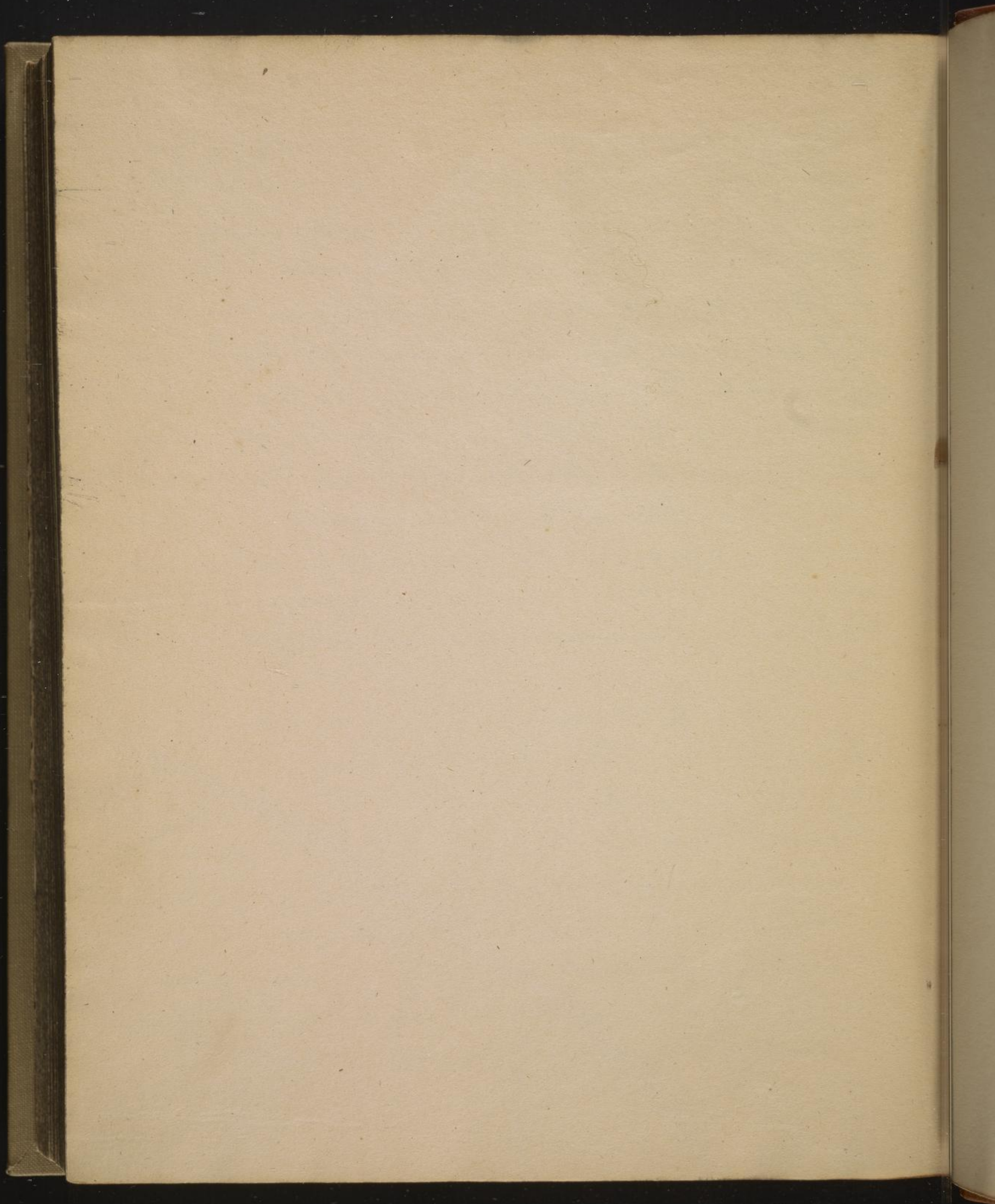
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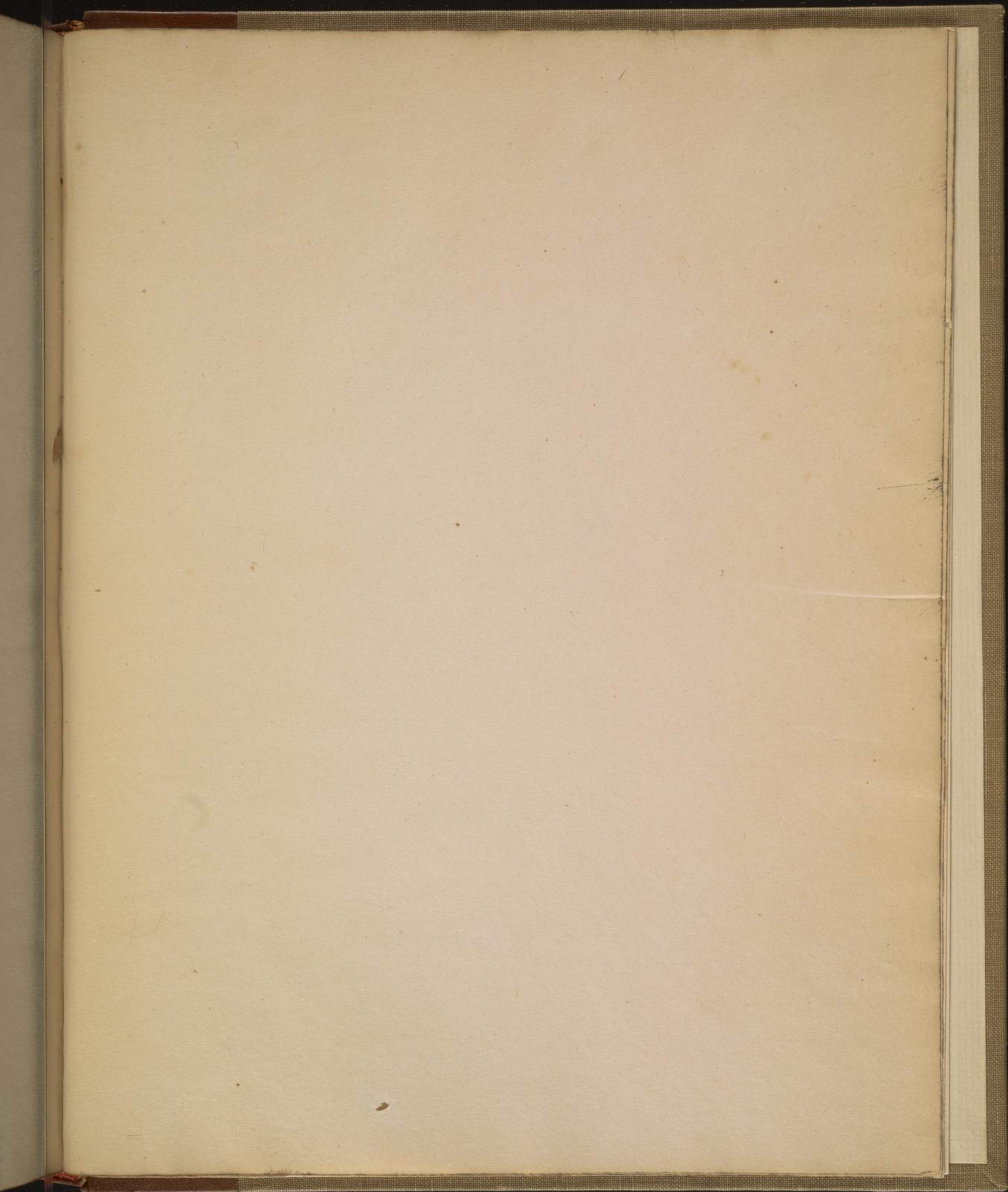
certainly influenced by a thousand different Circumstances, than the action of Medicines on the System: As well might we expect after having put all the Letters of the Alphabet into a Box & Jumbled them together, to find them come out arranged in the order of an Epic Poem, or expect to find good effects result from the operation of the different Medicines of the *Materia Medica* on the Body after they have been Jumbled together in it for weeks.

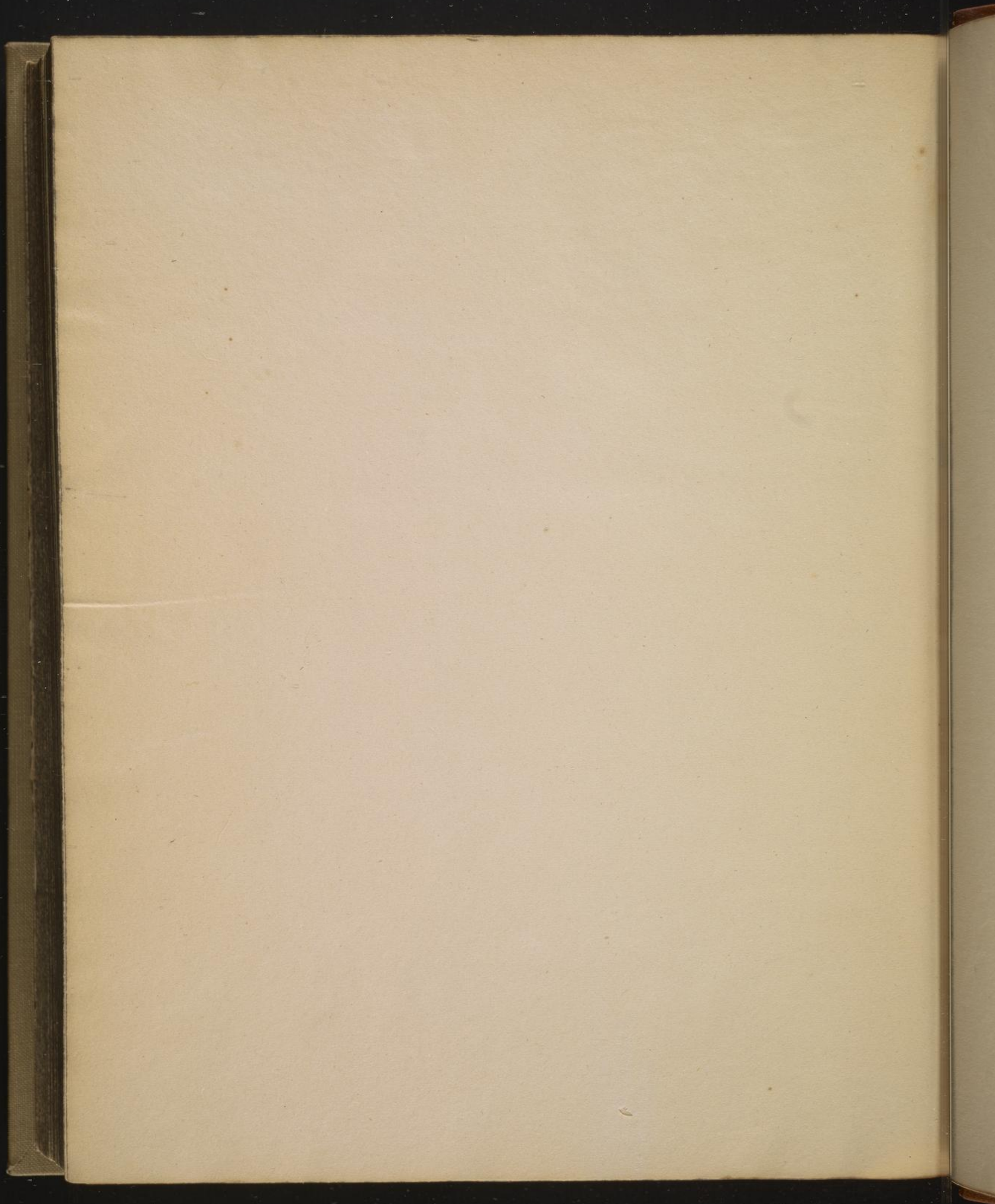
Away then with all the names of diseases & let the Condition of the System! Let the Constitution of the System!! I repeat it again, Let the Constitution of the System, Govern all your Prescriptions.

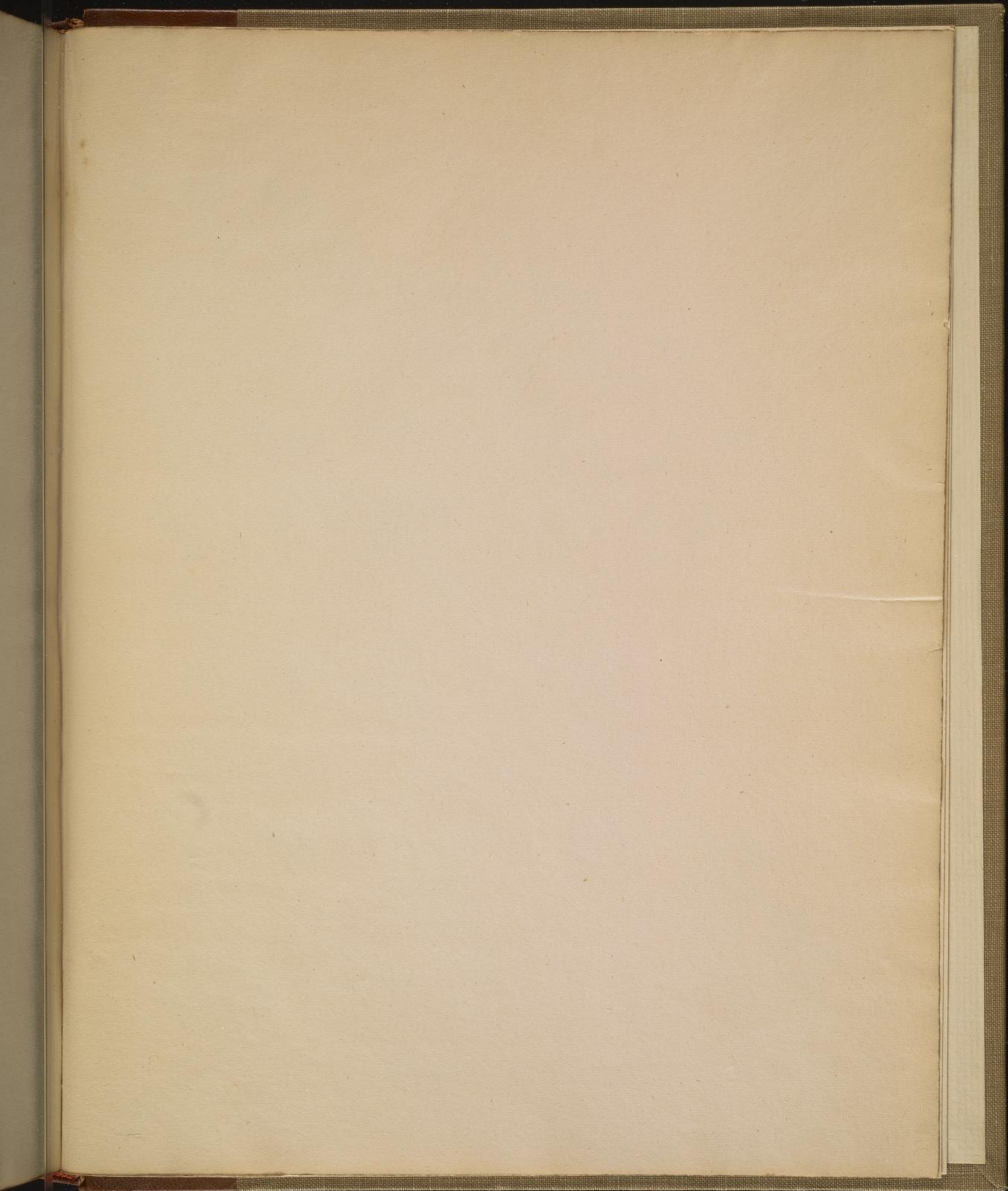
Thus Gentlemen, I have concluded the Institutes of Medicine. I have kept back none of my principles from you: Examine them with severity & scrutiny, & let me assure you they are the result of much Labour & Pain. As well might a Printer offer for sale an Almanack published in the year 1769, as a Professor ^{to} teach the old System of Medicine, for in no Science has there been more Inversion than in that of Medicine.

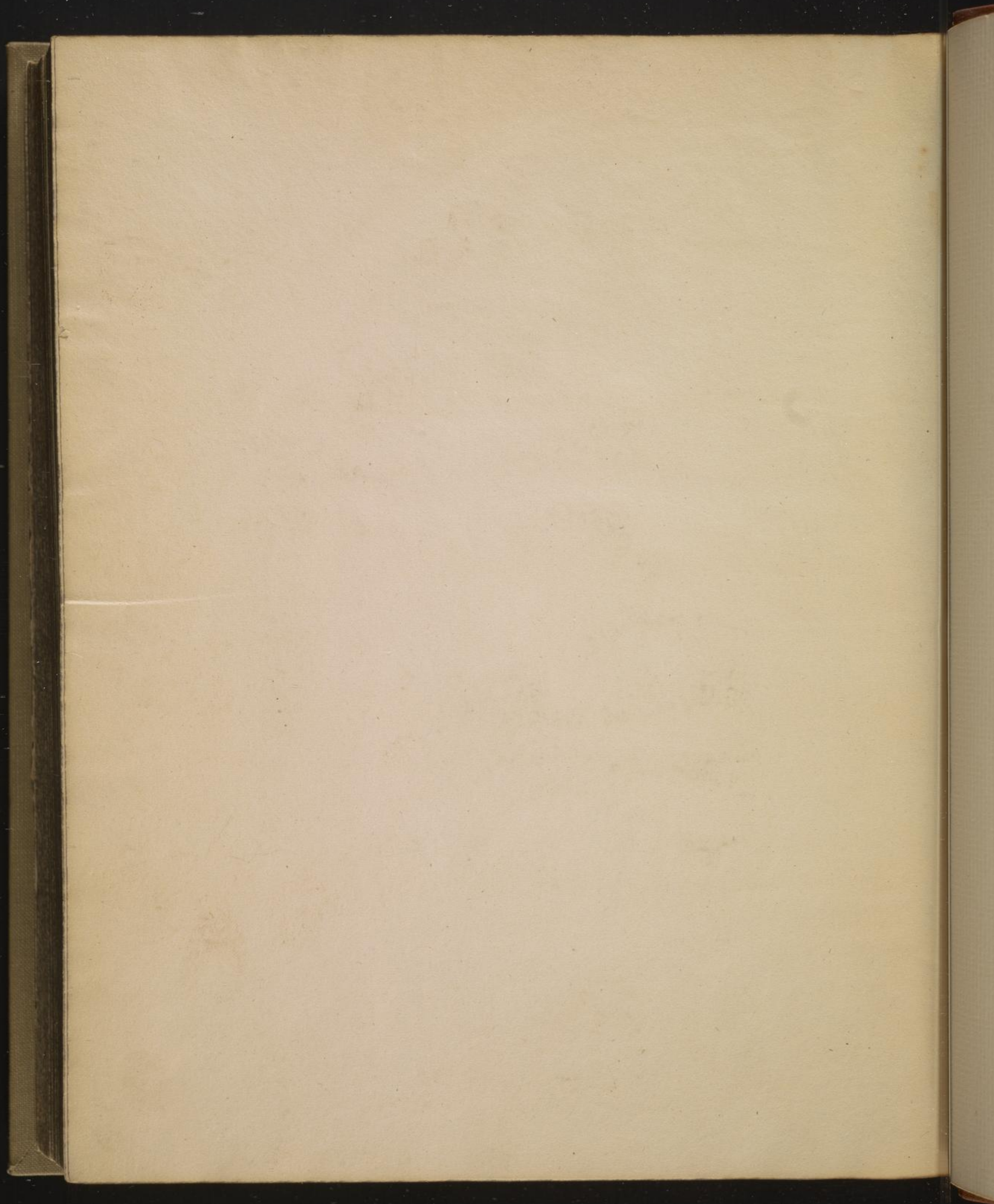


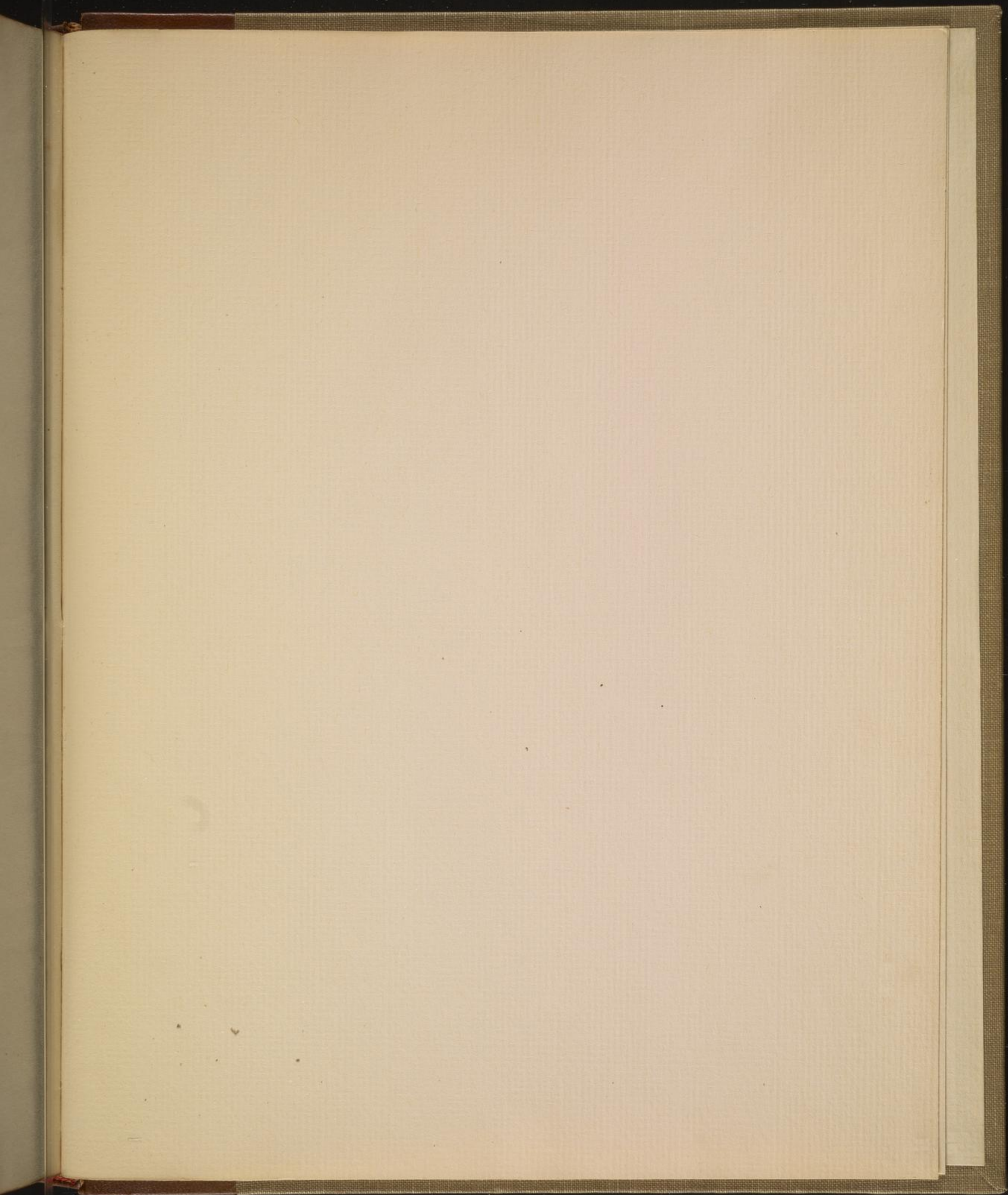


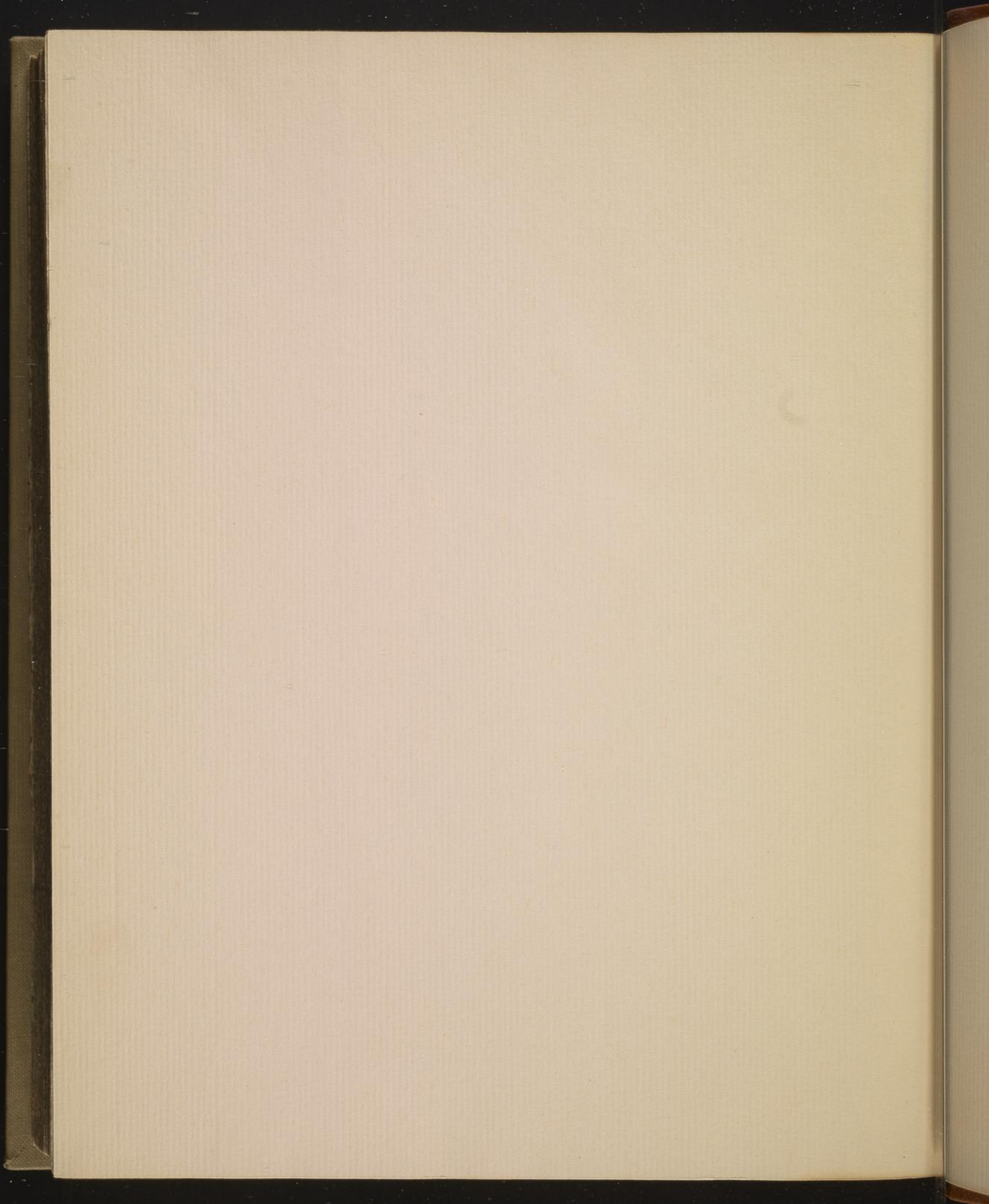


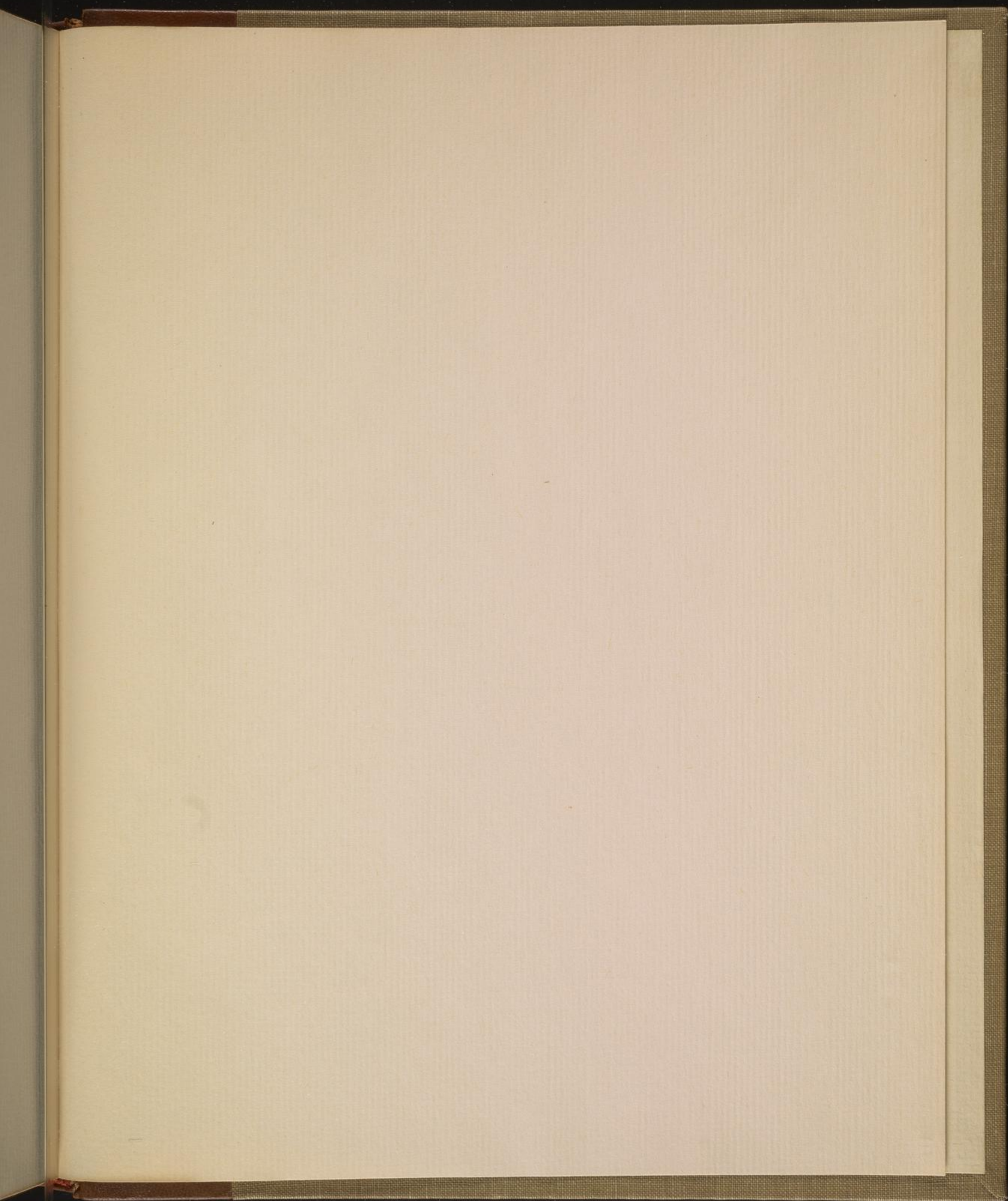


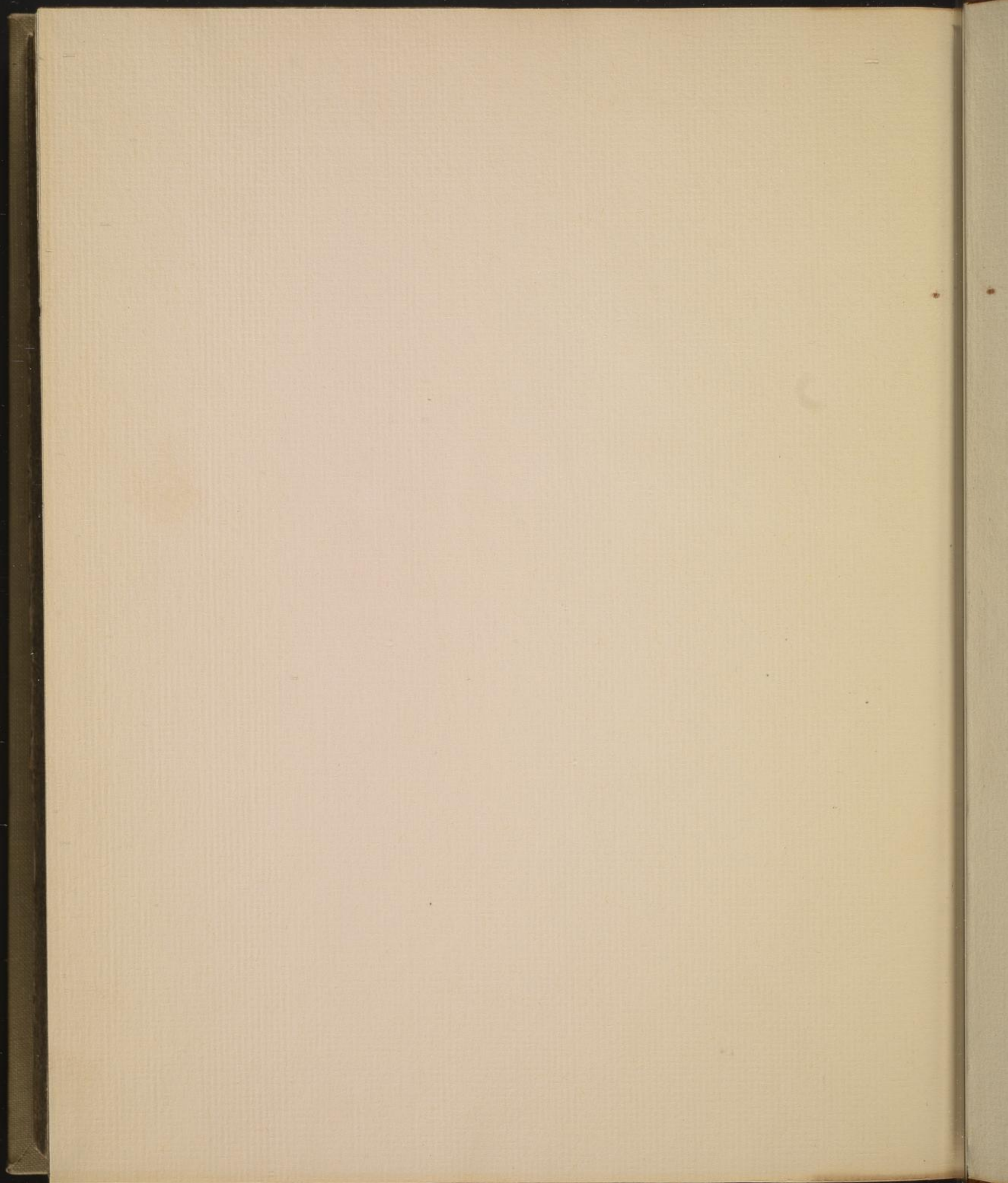












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